

# THE AMAZING SECRET OF KI

By

Dr. Ted Gambordella 9th Degree Black Belt



The Incredible Power of Hard KI  
Revealed for the first time

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# **The Amazing Secret of KI**

**Muscle, Breath and Mind Control**

By Grandmaster Ted Gambordella 9<sup>th</sup> Degree Black Belt

# INTRODUCTION

I wrote this book as a companion book to my best selling title “END OF INJURY”. Which was the first book ever to try to use Martial Arts Techniques to prevent athletic injuries, improve performance and develop a positive mental attitude. END OF INJURY was the first book to approach the teaching of KI to the general public. Before KI had always been a “secret” of the martial arts and if it was taught at all, it was only taught to a very exclusive group of black belts.

I first learned to use my Hard KI in 1976, and I wrote my book END OF INJURY in 1980. It was an immediate hit with the professional and amateur sports market, and is one of the most endorsed books in history on injury prevention. Having endorsements from the University of Texas, University of Oklahoma, Rice University, Louisiana State University, Oral Roberts University, Louisiana College, The Houston Rockets and New Orleans (now Utah Jazz), and dozens of high schools.

While the END OF INJURY approached KI in a very scientific manner, it did not develop the understanding of the concept of KI and how to really develop you KI in great detail. In this book THE AMAZING POWER OF KI. I go into much greater detail on how to develop your KI and much more detail on the physical training, stretching and mental conditioning required to master KI.

The Flexibility and Weight Training sections are an entire book in themselves and in fact are found in their entirety in SECRETS OF MARTIAL ARTS FITNESS. I am using them complete here because they are simply the Exact exercises and techniques I used and continue to use to develop my KI and keep my KI strong at 54 years of age.

If you will practice the techniques shown here diligently. If you will not TRY TO DO HARD KI before you are ready and will only practice “Positive reinforcement” ( by that I mean , you do not get Hurt, EVER when learning KI). You will be able to fully develop your KI in about 2 months, and once developed, it is like riding a bicycle. You will have it forever.

**Other Books by Ted Gambordella**

*SEVEN DAYS TO SELF DEFENSE*

*THE END OF INJURIES*

*HOW TO DEVELOP A PERFECT BODY*

*41 WAYS TO FLATTEN YOUR STOMACH*

*WEAPONS OF THE STREET*

*THE COMPLETE BOOK OF KARATE WEAPONS*

*SECRETS OF STREET FIGHTING*

*FIGHT FOR YOUR LIFE*

*THE 100 DEADLIEST KARATE MOVES*

*TONFA TACTICS*

*O.M.A. OBSESSIVE MENTAL ATTITUDE*

*WINNING WITH THE FIRST PUNCH*

*THE AMAZING SECRETS OF MARTIAL ARTS MASTERS*

*THE AMAZING SECRETS OF MARTIAL ARTS FITNESS*

*TIME OUT FOR BULLIES*

*THE AMAZING SECRET OF KI*



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# Flexibility

One of the most important Martial Arts Fitness Secrets is FLEXIBILITY. If you are not flexible, you look and feel 10 years older than you should. Flexibility allows you to participate in activities and do things like a 20 year old.

Back pain is often caused by lack of flexibility. This lack of flexibility often causes the back to tighten up when exercising, thus causing muscle pulls and stiffness that easily could be avoided with a few simple stretches.

How often should you stretch. **Everyday** until you feel loose, and every time before you begin a strenuous exercise.

Even if you only do your stretches for 3 to 5 minutes this is better than pulling a muscle or tearing a muscle because you didn't take the time to loosen up.

Here are some simple flexibility exercises you can do every day to keep the body fluid.



# Trunk Rotation

Place your hands on your hips and rotate the body in large circles to the right and left.

Do about 10 turns clockwise, and then 10 turn counter clockwise.





# BODY TWISTS



Pull the elbows up to shoulder height and twist hard to the left and right.



Do 10 to 12 twists to each side

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# ARM CIRCLES



Swing the arms in large circles around the body. Forward and backwards



Do about 10 to 12 swings each direction



# NECK CIRCLES & SHOULDER SHRUGS



Rotate the neck  
in small circles  
clockwise and  
counter clockwise  
Do about 10 - 12



Shrug the shoulders  
in circles forward  
and backwards  
10 - 12 times





# Horse Stretch



Squat very low and push the hips down into the squat. Move from side to side and then drop to the ground on each side.

Do 10 - 12 times each side



## W STRETCHES

Lean over and grab the ankles. Drop to one side and try to straighten the leg. Then the other side. Now pull the head down to the knee, then over to the other knee. Finally drop down in the middle and try to touch the head to the ground.

You can also drop the elbows to the ground



Hold each stretch for 3 to 5 seconds



# BUTTERFLY

Hold the ankles and try to get the knees down to the ground. You may bounce, and push down with the elbows.



# STRAIGHT LEGGED STRETCH



Keep the legs straight and hold the knees. Try to pull the head down till it touches the knees. Hold for 3 to 5 seconds. Do this 10 times.



## V STRETCH

Sit on the ground and spread the legs as wide as you can. Now lean to the right and touch the head to the knee, then the left.

Finish touching the head to the ground in the middle.



If you are having trouble touching your head to the ground it is not your legs or back that is the problem. It is your Hips. The next exercise will help loosen your hips.



# HIP STRETCH

Open your legs as wide as possible and try to force the knees and hips to the ground.



You can start with your hand stiff then as you loosen up drop to your elbows and finally touch the head and hips to the ground



You can bounce on this stretch. Hold the final position for 5 to 10 seconds.





# AMERICAN SPLITS



To really stretch the hips you should push hard to do the American Splits. Spread the legs as wide as possible directly in front of the body. Try to touch the hips to the ground.

You can use your hands to help support your body weight, and you may lean forward to drop the hips down.





# BACK STRETCH

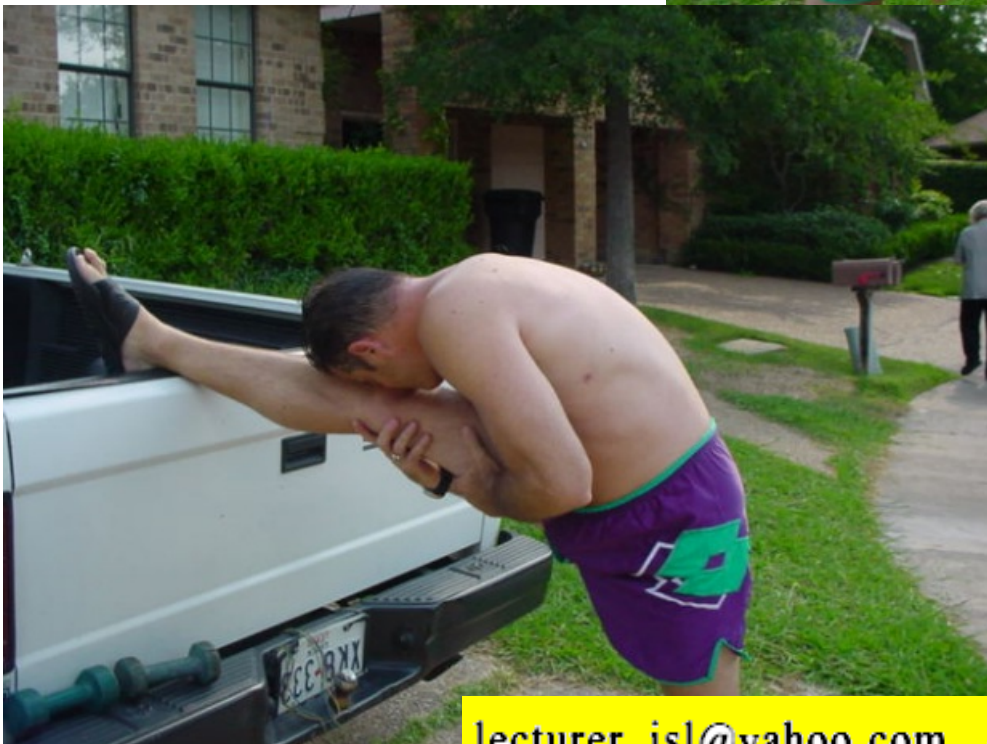


Sit on the legs and bend backwards as far as you can comfortably go. Use your hands for support. You do not have to go all the way back.

## BAR STRETCHING

Bar Stretching is great, but most people don't have a bar in their home or gym. So you can use a truck, or car back, or even a table.

Put your leg on the truck back, and lean over to touch the head to the knees. Do both side. Hold each stretch 5 seconds.



You can also lean To the right and left to put more pressure on the stretching leg.



## BAR STRETCHING 2

Put the leg on a low table and drop the weight down to stretch the hamstrings. Keep the leg straight.



Lean over and touch the head to the knee. Do both legs





# HIP AND KNEE STRETCH

Keep the back straight and lift the knee as high as you can to the side. Pull up on the knee and stretch the back of th legs.



Now drop the knee down and pull back on the leg. To stretch the front of th legs



Pull back as far as you can and you may lean over into the table.





# STRETCHING WITH A PARTNER



If you have a partner. You can hold on to their hand for balance and place your foot on their shoulder. Stretch forward. Do both legs.



You can also lean down and drop your weight to put more stretch on your leg



## PARTNER STRETCH 2

Hold on the wall for support and have your partner stretch your leg straight up.



Side stretch. Lean to the side and have the partner stretch the leg up like your doing a side kick

Try to straighten your body up as much as possible into the stretch.





## PARTNER BACK STRETCH

Have the partner hold your arms by the elbows and lean backwards. He will gently pick you up and stretch your back. Go



## PARTNER SHOULDER STRETCH

Have your partner pull your arms straight back across your body to stretch the shoulders. Go slow and easy.



# Martial Arts Secrets of Fitness

## Weight Training

Weight Training is an important part of Martial Arts Fitness Training and is something that should be done consistently throughout your entire life. You are never too old to start lifting weights, but you can be too young. I do not suggest that you let a child whom has not reached puberty to lift weights. Wait until the child is at least 13 and then only lift what they can comfortably handle. Do not force them to do heavy reps. Let them build up their muscles. It is important not to turn the child off to weight training so that they will want to continue to lift their entire lives.

I lift weights every other day for 6 days, then take off Sunday. On the days I do not lift weights I walk, do karate, wrestle, golf, or some other form of hard aerobic exercise. When I walk, or golf I always carry a weight in my hands. This doubles the exercise effectiveness by allowing an arm and upper body workout, while working out the legs, abs and heart with the walking or golf.



I do not lift Heavy weights. I am 54 years old and do not need to try to bench 300 pounds to prove I am strong or build my chest. I already have a great chest and keep it toned and pumped by lifting smaller weights, but lifting them hundreds of times.

I work out on the bench with 135 pounds, or 2 big plates and do reps of 50 to 100. 50 to 100 times for each set.



# BENCH PRESS

The Bench Press is one of my favorite exercises. It works the entire chest, shoulders, back, and abs. I do a lot of bench presses.



To do the regular bench press grasp the bar with the hands evenly spaced. Lower the bar slowly to the chest and hold it about 1 second then push it back up to the top. I warm up with 2 sets of about 10 "full" lifting reps.

This is the last set of "full" lifts I do. After my warm ups I go to my "modified" or "half up" bench press and do 6 to 10 sets of 50 to 100.

# MODIFIED BENCH PRESS

## Nar row Hands



During these sets I keep my hands a little narrow about the width of my chest and I DO NOT LIFT the bar all the way back up. I Pump the Chest by only lifting the bar Half Way Up and then back down.

I bring the bar down to the chest, but only about  $\frac{1}{2}$  way back up. This allows me to pump the chest up by the large amounts of reps I do.



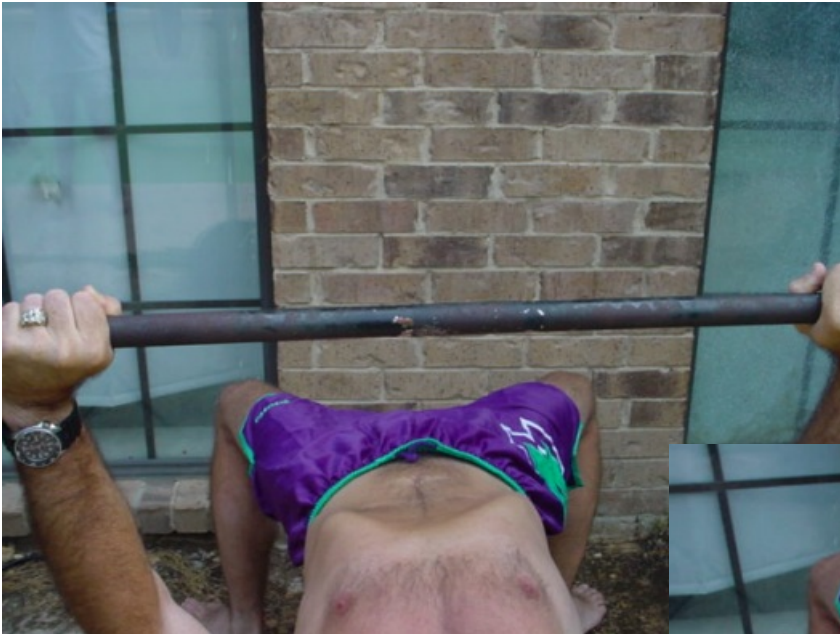
I do 5 to 10 sets of 50 to 100 reps. That is not a mistype. I do 50 to 100 reps for 5 to 10 sets.



# MODIFIED BENCH PRESS

## Wide Hands

Here I do the same half up reps but now my hands are very wide and I drop the weight more towards my neck.



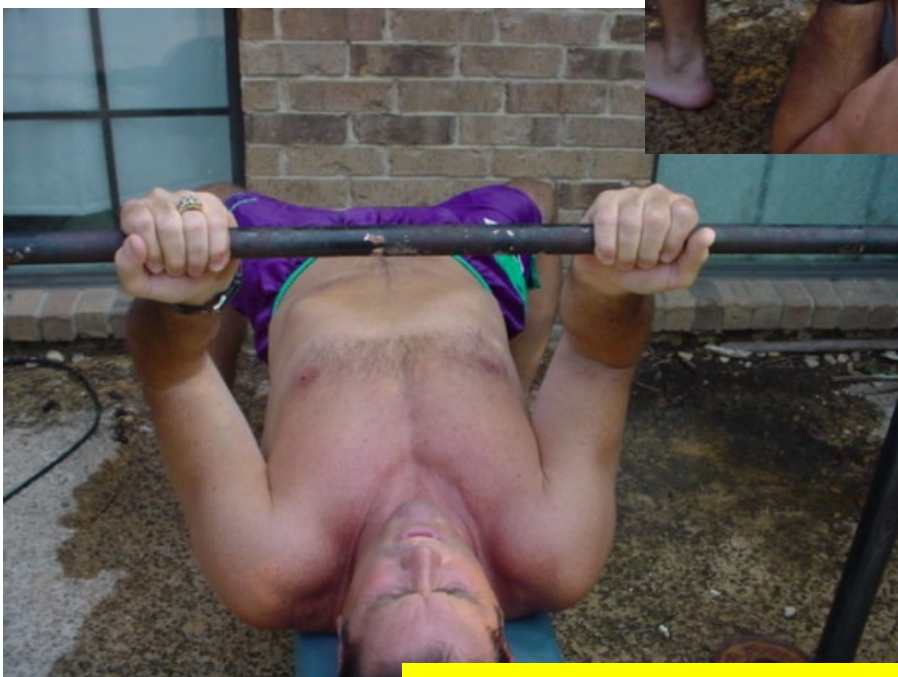
I do 3 to 5 sets of  
50 to 100 reps.

# MODIFIED BENCH PRESS

## REVERSE Hands



Here I reverse the position of my hands and do half ups. The reverse hands works my triceps more and the lower chest.



I do 2 to 4 sets of 20 to 40 reps.



# INCLINE PRESS

The Incline Press is a better exercise for building a large beautiful chest than the bench. It works the upper pecs and shoulders and gives the chest a full and hard look that is not achieved by doing flat bench. I do a lot of inclines and for many years only did inclines with very little flat bench.

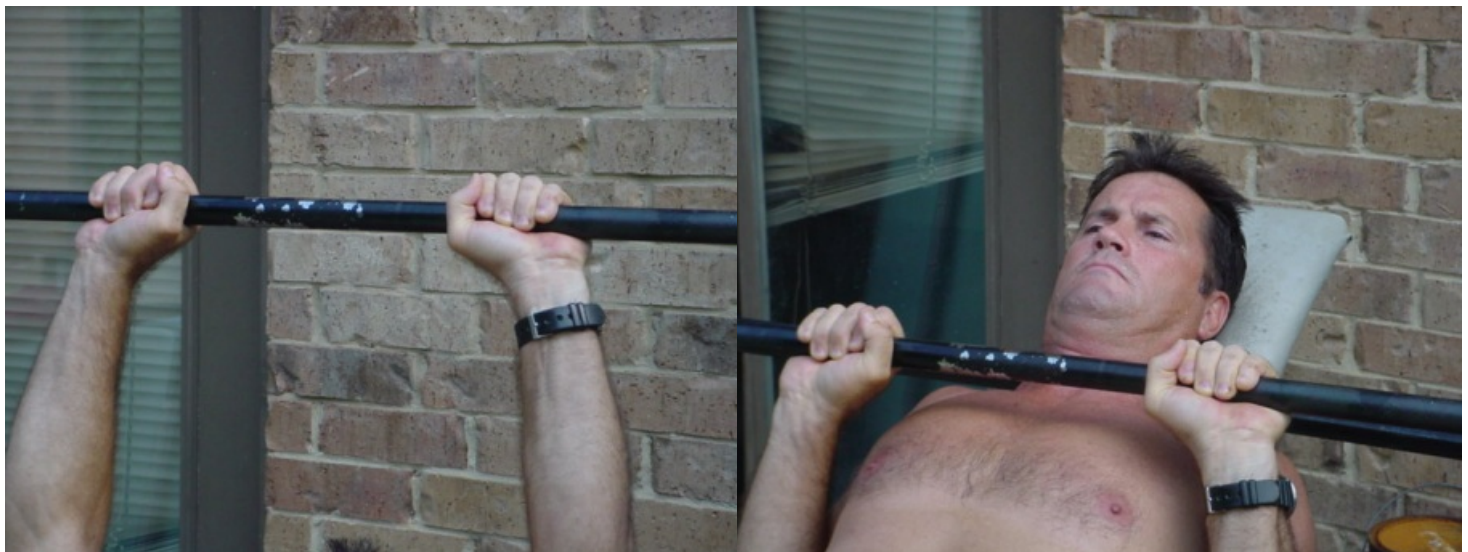


Warm up doing full extension reps. 2 sets of 10 to 15 reps.

# INCLINE PRESS

## NARROW GRIP

Here I grip the bar with my hand about as wide as my chest and I use a "half up" motion. I do not go all the up. I only go about 5 to 12 inches.



I do 5 to 8 sets of 35 to 75. It is important to watch your breathing because you can easily run out of breath doing inclines. Be sure to breath every few reps. And it is also important to have a "spotter" to help lift the bar off your chest if you are forcing the last few reps. Unlike the flat bench. You really can't cheat and put the bar up on the incline. When your chest is exhausted you will need help to put the bar up.



# INCLINE PRESS

## Wide GRIP

Here once again I do not go all the way up, I use half ups and go about 6 to 12 inches. I do 4 sets of 35 to 50.



# SQUATS



Let me say that I do not advocate doing squats with the bar on your back. This has always hurt my back and will wind up hurting yours. You can get the same results doing the squats from your back, or on a "hack" squat machine, where you lie on your back and the rack is about 45% up.

You can do the full squat and when you are thru, do some toe raises to work the cafts.



I do 6 sets of 20 to 40 reps.



# DUMBBELLS

## Regular Curls



Stand with the feet about shoulder width apart and curl the weight straight up. I alternate arms, and one arm at a time so I can concentrate on the exercise.  
Do 6 sets of 12 to 24 reps.



# DUMB BELLS

## Cross overs



Stand with the feet about shoulder width apart and curl the weight up and across the body. You can alternate arms, or use weights in both hands. Turn the weight over as you curl up.

Do 4 sets of 12 to 16 reps.



# DUMBELLS

## Straight curls heavy weight



This curl is done raising the arm straight up and curling the weight. I use heavy weights and really push the body to build the muscle. So I do less reps.

Do 4 sets of 4 to 6 reps.



# DUMBELLS

## Triceps extensions



Stand with the feet about shoulder width apart lift the arms straight up in the air. Drop the weight directly behind the head and then push it up. Concentrate on the triceps. Be sure to keep the elbow straight.



# DUMBELLS

## concentration curls



This is a concentration curl and really concentrates the muscles of the biceps. Sit in the chair and curl the weight up across the body. Keep the elbow on the knee..

Do 4 sets of 12 to 16 reps.

# DUMBELLS

## squats



This is the only type of squat I recommend. It does not hurt the back or knees. Hold the weights in both hands and squat down, then back up.

Do 4 sets of 12 to 16 reps.



# DUMBELLS

## Walking with weights



I never walk without my weights, even when playing golf. The weights give you twice the effect of regular walking. The walking helps tone your legs, butt and back, and the weights work your upper body.

I walk at least 1 mile to 3 miles, very quick. I do this at least 3 times a week, sometimes 5.



Sometimes I curl the weights across my body.  
Alternating hands.



Sometimes I punch the weights in front of my  
body. Twisting the wrist at the end of the punch.

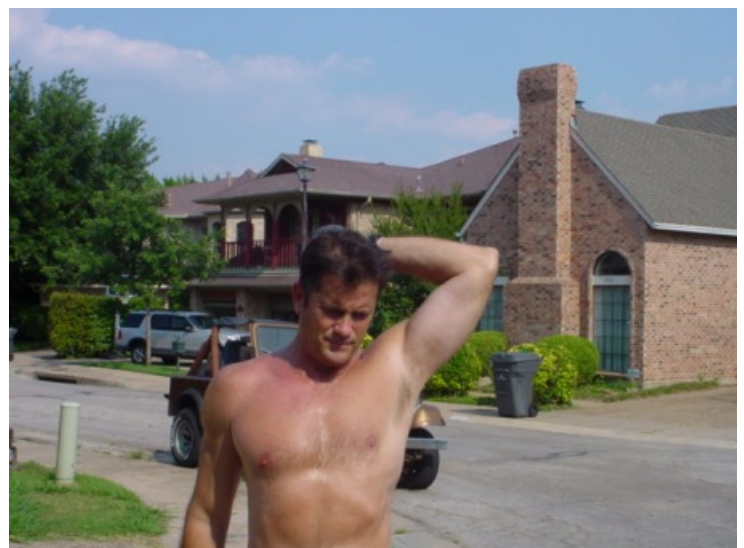






When my biceps get tired I immediately go to triceps extensions with alternating arms.

I do this as many times as I can, usually about  $\frac{1}{4}$  a mile.



# Building muscles without weights

## chair triceps



You can pump up the triceps by doing dips from a chair. It also works the chest. Hold the arms of the chair and dip down as low as you can. Concentrate on the triceps and chest.

I do 5 sets of 50 reps.

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# Building muscles without weights

## Truck triceps



You can pump up the triceps by doing dips from the bumper of a truck, or car. It also works the chest. Hold the arms of the chair and dip down as low as you can. Concentrate on the triceps and chest.

I do 5 sets of 5 [lecturer\\_isl@yahoo.com](mailto:lecturer_isl@yahoo.com) عبدالحی عابد

# Building muscles without weights

## Ground triceps



You can pump up the triceps on the ground without weights by lifting the body off the ground and dipping down to the middle. Concentrate on the triceps.

I do 5 sets of 25 reps.



# Building muscles without weights

## super push ups



I do a modified push up where I do not come all the way up. I keep my arms fairly close to the body and go all the way down, but only up about 6 to 12 inches. This really pumps the chest, arms and shoulders.

I do sets of 100 to [lecturer\\_isl@yahoo.com](mailto:lecturer_isl@yahoo.com) عبدالحی عابد 000 push ups.



# Building muscles without weights

## super push ups 2



This is done the same way as super push ups, but with the arms held close together, to really work the inside of the chest. I go all the way down, but only up about 6 to 12 inches. This really pumps the chest, arms and shoulders.

I do sets of 50. I do [lecturer\\_isl@yahoo.com](mailto:lecturer_isl@yahoo.com) عبدالحی عابد



# abdominal s

Sits ups in a chair



You heard me right. You can do sit ups from a chair and work the abs just as hard as if you were on the ground. You simply crunch your abs to the left and right and then down the middle. They are very effective and really work the abs.

I do a lot. I do sets of 50 to each side, and 50 to the middle. 4 sets.



# abdominal s

## Sits ups



You can't do enough sits. I do hundreds a day, sometimes a thousand. I do them without my feet pushed against anything or under anything, and I lean to the right and left when I work, so I can work each side of the abs and the muscles that surround the



I never put the hands behind the head, and never go all the way back. When you go down to the ground and lie flat you are resting, and when you start to come up you hurt your neck, and do not work your abs.



I always twist to the side and punch up to work my arms too.



I do sets of 50 on each side and then 50 in the middle. For a total of 150, then I rest and do it again. This is one set. I do 5 sets for 750 sits ups.

# Abdominal crunches



Crunches are a modified sit up that tightens the abs but doesn't hurt the back. This time you put your hands behind the head and crunch up as far as you can, at least 6 inches off the ground.

I try to do 50 reps at a time in sets of 5.



You can also pull the legs into the arms To really concentrate the crunch.





# Abdominal

## Arms ups & v ups



Hold the arms straight up and pull yourself off the ground. You can also pull the legs back and try to touch the toes as you lift the head towards the legs.

Do 3 sets fo 25 reps.

# Back strengthening



**Lie on your back and put your hands behind your head. Lift the butt off the ground and up as high as you can. Drop your weight down first to the right side then to your left side.**

**This will help strengthen you lower back.**

**Do 4 sets of 12 to 16 reps.**



# abdominal s

## Leg l ifts in a chair



You can really work the lower abs by doing leg lifts in a chair. You can concentrate on the legs and use the chair for support and not hurt the back. Keep the legs straight and lift them straight up.

For a variation you can curl them straight back.

I do a lot. I do sets of 50 to each side and 50 to the middle. 4 sets.



# Abdominal

## Leg Lifts



Leg Lifts are important for several reasons. They work the lower abs and the help strengthen the back, as well as the knees. Keep the toes pointed and the legs straight. You can lift them straight up or curl them back into the abs.

I do a lot. I try to do them for 3 minutes without stopping. I can usually do 180 or more in the 3 minutes.

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# Abdominal

## Side bends



Side bends really work to get rid of that love muscle or bulge around the waist. Hold one hand on the head and lean to the right and left side as far as you can.

Do 3 sets fo 25 reps each side.

# Building muscles without weights

## Circular Breathing



Circular Breathing is the fastest way to recover your breath after hard exercise. It allows for the full expansion of your lungs and full removal of air that is bad.

Hold the arms above the head and while breathing in make a large circle with your arms until they touch in front. Then breath out making the same large circle.

Do about 5 times to recover your breath after hard exercise.



# Building muscles without weights

## 4 way Breathing



4 Way Breathing is a way to tighten all the muscles of the body, especially the abs and back. It is an extreme isometric exercise and forces you to concentrate on getting all the air out of your body and tightening the muscles.



Start with the arms in front of the body and slowly move the arms straight up, tightening every muscle and concentrating on removing all the air from the stomach. Return the arms, and now go out to the side, then to the front and finally straight down.





After you have done the 4 way breathing holds the arms to the sides of the body and really tighten and squeeze the stomach muscles, breathing out, and squeezing very very hard to clear all the air from the stomach.

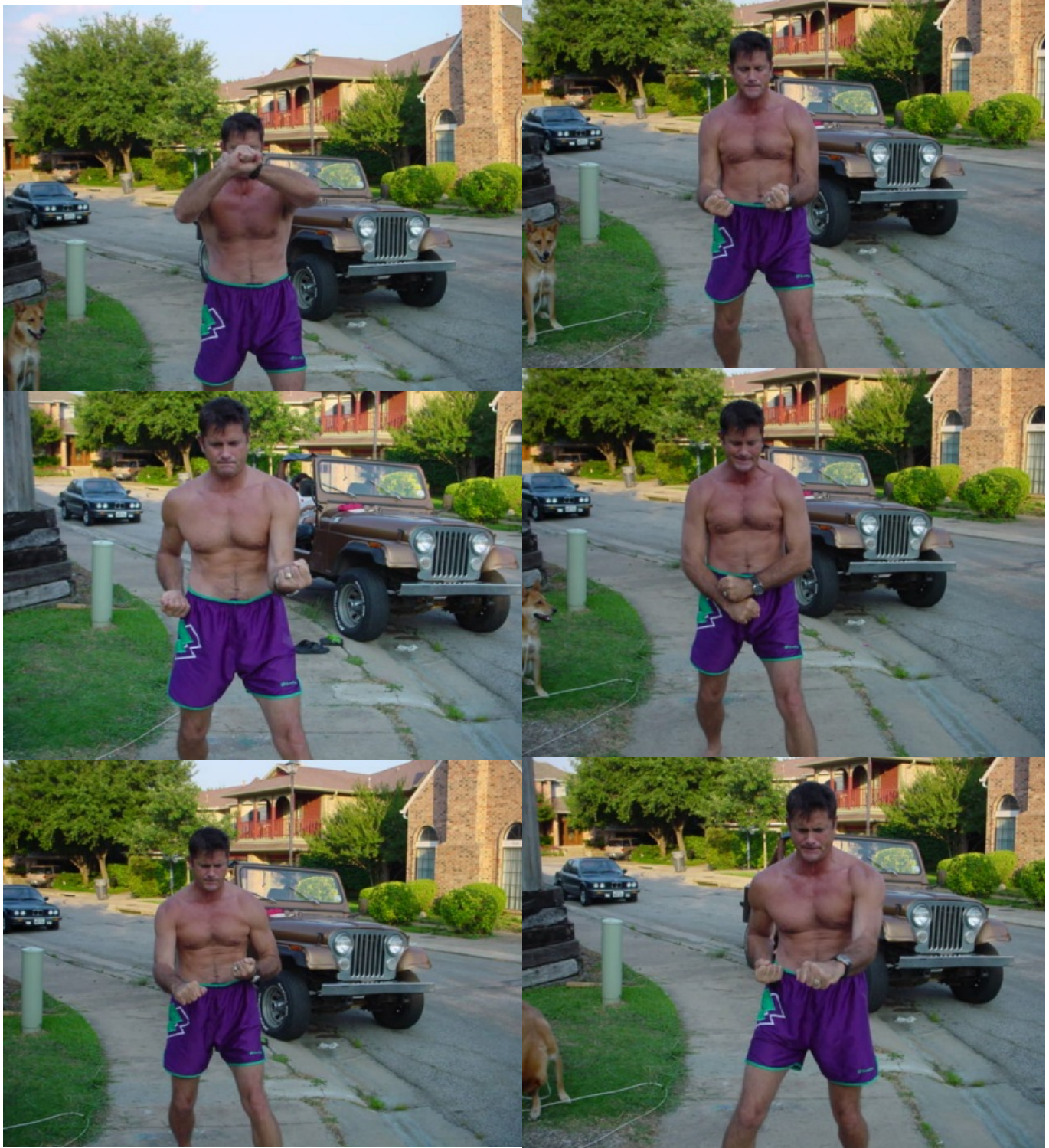
This exercise helps develop KI and I test my KI by punching myself in the stomach very hard. You do not have to punch yourself, unless you want to.





# Building muscles without weights

## Isometric Breathing



Isometric breathing is an important concept and exercise to understand. It is a fundamental exercise of the martial arts. It is in all forms and called "sonchin" in my style of karate. It is very simple to explain, but very difficult to master. Unlike tai chi, which is breathing very soft and moving very fluid. Isometric breathing is breathing very forcefully and moving very hard but slow.





To do the exercises you must first start with the body very tight and concentrate on the breath.



Now breathing out move very slowly and forcefully in all directions. Pushing one hand out and pulling the other hand back



You can punch across the body, to the side of the body, to the front of the body, down and even up.



You must force all the air out, and tighten all the muscles on each punching or pushing drill.







The key to doing the exercises right is to force the air out and tighten the muscles. When you push or punch out with one hand, you pull back with the other hand.



Always move very slowly and concentrate on the breathing the tightening of the muscles. You must get all the air out and all the muscles tight.



You can also push out the legs in a low kick and breath out very hard and tighten the muscles very hard. Remember to breath slowly, move slowly

## KI (Muscle, Breath & Mind Control)

There is a force in your body that creates incredible power. This force when used will enable the body to perform almost superhuman feats. It will allow you to withstand extremes of weather. **To take full power strikes to your body and receive absolutely no injury, even a bruise from a blow that would Kill a normal person.** This is called HARD KI. To control your mental focus for hours, days. To develop inner strength and power you can only imagine. This is the power of KI, sometimes called Chi. And this is a power you can learn to develop and use at will for your entire life.

KI is a concept that is unfamiliar to many Americans, but understood and practiced by most Orientals. The concept of KI is 3000 years old and was developed by the Buddhist monks of the Sholan Monastery of China.

Many teachers only teach parts of the power of KI and the students learning do not fully develop their KI. We will be learning to develop and use Hard KI. To fully understand how to use and develop your KI you must understand that KI is really 3 elements in one. When all 3 elements are fully developed, you have full Hard KI. Hard KI uses all 3 elements to create its full power, and if you don't use all 3 elements, and develop each fully and independently you will not develop your full Hard KI.

So what are the 3 elements of Hard KI.

(1) **Muscle control.** The instantaneous tightening of specific muscles at the time of impact, and the development of essential muscles necessary to withstand various kicks and punches.

(2) **Breath control.** The science of controlling the rate and the movement of the breath. The ability to forcibly, at the instant of impact remove all breath from your body to allow the muscles full contraction of the muscles, and to strengthen the concentration of the mind.

(3) **Mind control.** The specific concentration of mental powers and focus of the mind. The total concentration of your mental processes towards a specific goal, area,



or muscle. The ability for complete and total mental focus so that nothing can distract the mind's power.

Separately these three forces constitute functions, activities and parts of your body, but when they are joined together and united at a specific time towards a specific purpose they take on a single identity of a new force, called KI. KI can be used to protect you from receiving an injury associated with a punch or a blow, to increase your determination, give you courage, improve your skills, add to your strength, develop your concentration to extreme levels.

**Why does KI work?** It works because you are using all the powers available in your body to prevent an injury, not just your muscle. Too many people think that muscle alone can prevent an injury from a blow. But examples in ordinary life prove the fallacy of this belief. Your leg is all muscle and if someone were to hit you in the leg very hard, you would at the least get a bruise, perhaps a charley horse, or a muscle injury. That is because it is actually too much muscle and as such cannot give any with the blow. It is like a tree that got covered with snow and finally the weight of the snow breaks the tree down, while a smaller more flexible tree can bend and touch the ground and not break. Your leg has all muscle and no give, so a hard blow breaks the muscle tissue and causes the bruises. It is also possible to make the stomach very hard by the use of sit ups and leg ups and if you tighten it you can let someone punch you in the stomach. However take a deep breath of air into your stomach and let someone hit you in the stomach. A very slight blow would cause a significant amount of damage because the air acts like a balloon and explodes or pops in the stomach area causing internal damage. Let us suppose that you can take a punch in the stomach and you have let most of your air out. But before you are ready for the punch, someone comes up and asks you a question, momentarily distracting your attention, and you are suddenly hit. Needless to say, you could be very seriously injured because your mind was not prepared for the blow. So you can see it takes all three elements to protect the body from the effects of getting hit.

**First** you must have adequate muscle and muscle control so that your muscles are strong and can react and tighten at your will. You must be able to tighten and contract the muscles at the exact time and point of the impact of the blow.

**Secondly**, you must have some breath control and be breathing out, or moving your breath away from the area getting hit. You can not hold your breath and have Hard KI. You can not breathe too fast, or too shallow, or forget to breathe at all.

**Third**, you must have your mind controlled and focused to be aware that you are getting hit and to concentrate the muscles and breath simultaneously at the point of impact. Your mind must be at a constant ready and react immediately and precisely to the attack.

With these three factors working for you, **your KI is said to be "flowing"** and you are able to resist blows that would cripple normal people. Yet you too are normal. It is just that you have been able to, by practice, and the use of positive reinforcement and progressive training, apply your muscle, breath and mind to such states that you are able to focus them simultaneously and instantaneously to the area of impact when you see a blow about to occur.

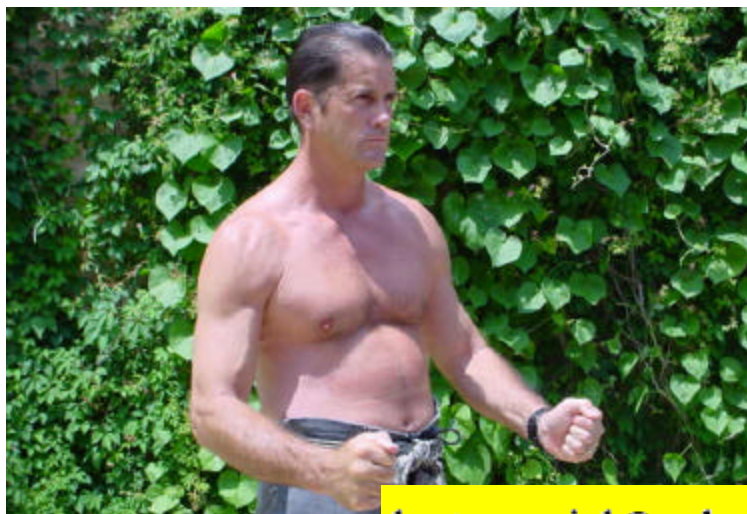
We have already been shown exercises to strengthen the muscles, and to begin to concentrate and focus the mind. Now we will begin to do exercises to strengthen ones breath control. So we begin our development of KI by learn to control the breath.

### **CONTROLLING THE BREATH.**

The first step in controlling the breath is to become aware of it as a force, and to use it to store (KI) in your body. Note: your KI is stored about 2 inches below your navel. This is your point of reference for KI in your body. And this point or KI center serves as a concentration and focus point for the mind when developing control of the breath and understanding of KI.

#### **Stomach Breathing or KI Storing**

Stomach Breathing: The purpose of this exercise is to store your KI in your body. What you should be thinking when you are doing this exercise is that you are storing KI power in your body and this power will be used to prevent your injuries. While you are practicing the breathing, keep thinking in your mind that you are storing KI power in your body.



Breath out thru the mouth and concentrate on storing the KI in your KI center, about 2 inches below the navel.



Stand with the feet wide, arms by the side, hands clinched and breathe deeply into the stomach through the nose.

Stand with the feet shoulder width apart with the arms by the side and the hands closed into fists. Keep the mouth shut and breathe through the nose. Keep the back straight and the neck and heart in a straight line. Begin to breathe in slowly but instead of filling your chest with air, breathe into the stomach, filling it with air. Hold it a few seconds and begin to breathe out slowly, pulling in on the stomach gently as you breathe out. Hold it a few seconds and repeat the exercise. Do this exercise for 2 minutes, all the time concentrating on the KI being stored. If you lose your concentration, stop the exercise. This exercise only works when you believe and concentrate on the fact that you are storing a power and when you keep the mind concentrated on your breathing. You are doing this exercise both to control your breath and to practice mind focus or concentration. Do this every day for at least 3 months, and then at least twice a week after you have developed your KI sufficiently to receive very hard blows without injury.



### **Isotonic Breathing:**

The purpose of this exercise is to begin to learn how to get all of the air out of the body, especially the stomach area, by the concentration of the mind and the tightening of the muscles to help to squeeze the air out. This is a 5 part exercise and should be performed immediately after the stomach breathing, or KI storing exercise.

1. Place the feet together, and keep the back straight.
2. Slowly begin to raise the arms straight up above the head to a full extension.
3. While raising the arms straight up, begin to let the air out of the stomach and chest and as you get to the top begin to tighten the muscles of the entire body to squeeze every last drop of air out of the stomach, and from the chest.

4. Hold this position for 3 seconds and really concentrate to get every drop of air out of the body, as well as concentrating on tightening every muscle of the body to help squeeze the air out.
5. Bring the arms back to the level of the shoulders and slowly begin to push the arms out straight to the sides.
6. While pushing the arms out to the sides, concentrate to tighten every muscle of the body and to get every ounce of air out of the body.
7. Hold your full extension for 3 seconds and really concentrate on getting all the air out of the body and on the tightening of all muscles of the body.
8. Slowly bring the arms back to the level of the shoulders and now begin to push them out straight ahead of the body.
9. While pushing the arms straight ahead concentrate to tighten all the muscles and to squeeze all the air out of the body.
10. Hold your full extension straight ahead for 3 seconds and really concentrate. Now slowly return the arms to the shoulders.
11. Slowly push the arms straight down in front of the body.
12. Concentrate all the muscles to squeeze the air out.
13. Hold your full downward extension for 3 seconds and then slowly bring the arms up to the chest.
14. Open the legs, tighten the fists and slightly lean over and concentrate on tightening all the muscles of the stomach as hard as you can. Try to crunch down the stomach muscles and squeeze the stomach muscles together (like an accordion). Do this around 15 seconds until you really begin to feel all the muscles of the stomach tightening. These exercises are excellent for learning to get the air out of the body, especially out of the stomach area. It helps one to practice mind control and concentration techniques plus strengthens the muscles through isometric contraction.



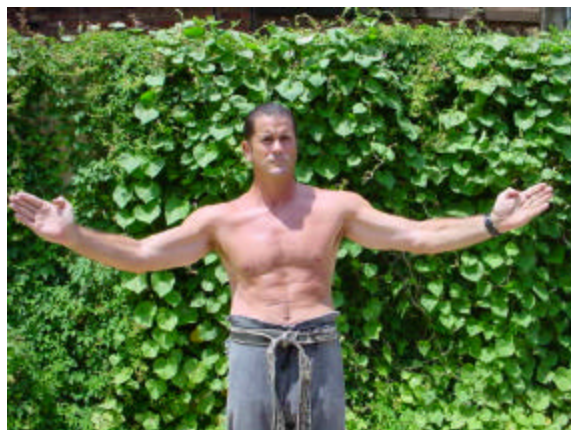
Perform this exercise daily for at least 3 months until you have begun to be able to let someone hit you very hard in the solar plexus area and the ribs. Then you may practice it 2 to 3 times a week.



**Hold the arms in front of the body before each push.**



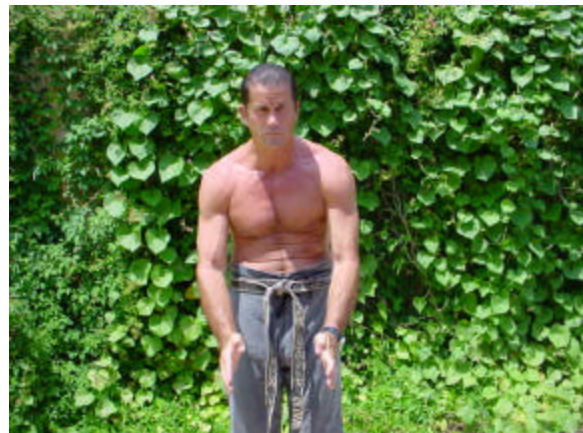
**Push the arms straight up, tightening every muscle and forcing all air out of the body**



**Return to the center and push the arms straight to the sides.**

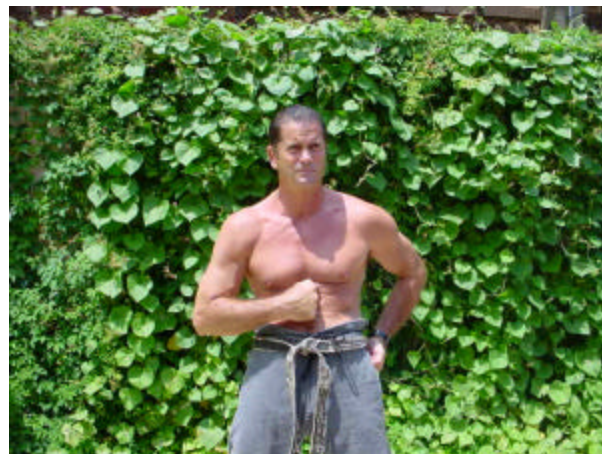


**Return to the center and push the arms straight ahead.**



**Return to the center and push the arms straight down.**





**Tighten all the muscles of the body, and force all the air out.  
You may test that air being out of your body by punching  
yourself in the stomach very hard.**

## **BEGINNING MIND CONTROL**

To begin with let us define the term mind control as we mean to use it. Mind control is the conscious ability to concentrate the mind toward a specific goal or on a specific muscle, with such determination and persistence that nothing will stop you or break your concentration. It is not a magical power to make you superman, or to move objects, change your life or personality. It is your will exercising itself on your conscious and subconscious mind to will it or make it perform and concentrate towards one specific object or idea.

The purposes of these exercises are to begin to exert the will on the mind and to begin to let the mind become more powerful in its ability to concentrate. When you are able to truly concentrate the power of the mind on the muscles of your body, the results can often be spectacular and serve not only as reinforcement to you of the power of the mind, but as convinces your muscles of the power the mind has over them. After all, your mind really controls the use of your muscles. The mind tells the muscles what to do and when to do it. The muscles do not control the mind and the mind is not limited by the muscles and their strength or lack of strength. The mind is potentially the most powerful weapon or force you have, and what you are doing now is training it to develop this power within it.

We have all heard the stories of the lady who picked the car off her son who was trapped under it, or of people who did other apparently superhuman things in time of great stress or excitement. They certainly did not become stronger in a flash and then lose it in the same flash. They only became more determined, more resolved, and concentrated on a job that had to be done immediately without hesitation. A matter of life and death, no other thoughts were in their minds except the action they were about to perform. After they did it they were just as amazed as you or I that they were able to do it. The mind has the potential to move mountains, whether by force, or by the invention of machines to blow the mountain up. Just as you give your mind exercises to make it smarter, you can give it exercises to make it stronger. For example, you give it math problems to learn to think abstractly; give it concentration feats (or Ki exercises) to teach it to grow more powerful.

In these exercises you are experiencing only positive reinforcement, you will not get hurt and you will not (if done according to instruction) ever experience a negative result. For example, when you are learning to have an unbendable wrist, you will never let your instructor bend your wrist, you stop him before he is able to. So the mind becomes programmed to expect to have only positive results and gradually becomes determined to have only Positive Results.

### **Unbendable Arm:**

The Unbendable Arm. Just as a tree limb cannot be bent and water cannot be compressed, the arm is capable of not being bent when the mind directs it so. The first step is to concentrate the mind on the arm and to continue to reaffirm to the arm the fact. "This arm cannot be bent", next the arm should be placed on the shoulder of the partner and the partner should place both of his arms near the elbow joint and begin to try to bend the arm. The man trying not to have his arm bent must be careful not to roll the arm over and point the elbow up, for this assures that the arm cannot be bent but also that it can be broken. The student should project a mental image of himself walking forward and through the opponent. This should be practiced a little each day until such time as the arm cannot be bent by the partner. Both arms should be used. The ability to have unbendable arms can be very valuable in stiff arming an opponent in football and in throwing objects.



## Steps in the "unbendable arm"

1. Stand with the feet shoulder width apart and place your arm on the partners shoulder.

2. Pull him towards you so that you do not have to pull your arm out of socket, or extend it out, to reach him.

3. Affirm to yourself "this arm cannot be bent."

4. Let him begin to pull down on the arm, slowly, gradually increasing his pulling strength.



5. Slowly let your breath out, and let the arm bend slightly, with his pulling-down efforts.

6. Now assert your mind, your muscles and your breath and straighten the arm up and do not allow it to bend again.

7. Repeat with each arm daily until

mastered.

8. When he is trying to bend your arm, if you feel it bending stop him and start over. Caution: do not roll the elbow up, this will break the arm. Do not let the partner jerk hard on the arm, let him pull slowly and steadily.

Results: Increase ability to concentrate; increased muscular control; increased confidence in yourself and your strength and ability; training of the mind to control the muscles; applicable to many sport situations (stiff arming in football, pushing weights, throwing objects in track and field, and the improved concentration that can be used in all sports).

## Unbendable Wrist:

Unbendable Wrist: Using as much mind control as possible and as little muscle as possible the student should attempt to hold his wrist straight and not let be bent backwards by the partner. One should exhale the breath during this trial and one should not let his wrist be bent while learning. In order to achieve this, when the student feels his wrist about to bend, he should tap his leg or say stop and then begin with his concentration again and another trial. This gives the student only positive reinforcement and will greatly improve his positive mental attitude. A projection of pushing the wrist straight up into the partners face should be concentrated upon also.

Steps in "unbendable wrist":

1. Stand with feet shoulder width and place your wrist in the partners hands.
2. Concentrate on the index finger and on the fact that your wrist "cannot be bent".
3. Slowly exhale your air, as the partner tries to bend your wrist backwards.



4. If you feel the wrist bending, stop the trial and begin a new one.
5. Imagine that you are pushing your wrist up into the sky, or into his face while he is trying to bend it.



6. Practice daily until mastered. (This should take a week to get to be able to do adequately, and 1 month to master.)

Cautions: Do not let the partner bend the wrist on the trials. This can hurt the wrist and give negative reinforcement.

Results: increased ability to concentrate; increased muscular control; increased confidence in your self; training of the mind to control the muscles.

### **Inseparable Arms:**

Inseparable Arms. This is a simple matter of leverage, but serves to reinforce a positive mental attitude in the student. With the arms interlocked by the fingers and held at shoulder height, let two partners grab the student on the bicep area, not the forearm, and try to pull the arms apart. They should pull and not jerk and will find that they cannot pull them apart, even if as many as four men try to. Note: if a football is carried like this, it is impossible to be fumbled.



This exercise is primarily to show how people have been conditioned to misbelieve many things about the body. When the arms are placed in this position, they are actually already apart.



Note that the shoulders and elbows are

fully extended to the sides. The only thing that is together is the fingers and the partners are not trying to pull the fingers apart but the arms, which are already apart. So unless they jerk or pull from the front, they cannot pull the arms apart.

However this technique does have practical applications. If you wrap your arms around someone you wish to tackle in football, they will not be able to make you let your arms go. You may not tackle them, but at least they will drag you over the goal line and you won't look as bad as if you had let them go.

### Arm on Head:

Arm on Head. Again the purpose of this exercise is to reinforce a positive mental attitude in the student, and can serve as a maneuver in sports (such as in basketball



when the ball is grabbed from the backboard near the head). One will find that no matter how strong or powerful the partner, the arm cannot be separated from the top of the head, for it is quite easy to follow a downward pull and impossible for him to pull it off upwards.







This ends the section on beginning mind control. The student should practice these techniques until he has mastered them and has begun to exhibit some sort of conscious control over his mind without losing or breaking his concentration, or

shown an ability to concentrate on one idea or one thought until he can do it perfectly.

## **TAKING A PUNCH IN THE STOMACH**

You are now ready to begin to practice and apply your concept of KI by learning to take a punch in the stomach. We have already begun to practice all the three aspects that are necessary to develop our KI. We are doing sit ups, legs up and muscle conditioning exercises to strengthen the muscles and learn to control them. We are doing breathing exercises that enable us to concentrate on our breath and to as much as possible move it from various areas of our body that may be hit. We have practiced beginning mind control to learn to focus and concentrate the mind on one specific point, or to one area of the body. Now we will use all three at once and begin to see how easy it is to let someone hit us in the stomach without receiving an injury or even a bruise.



## Taking A Punch in the Stomach:

1. Stand with the feet shoulder width apart and begin to concentrate the mind on the fact "I am going to get hit in the stomach". Keep affirming this fact over and over, at the same time asserting to yourself "I am not going to get hurt, I cannot be hurt by a hit in the stomach." Your mind is very strong and when concentrated it can achieve fantastic power. If it believes firmly that you are first of all; going to get hit in the stomach, it will prepare all the muscles of the body for the blow and will begin to concentrate the breath from the exercises you have been doing to control the breath. Next, when the mind tells your body "I am not going to get hurt" your body has no choice but to react as if it were not going to get hurt. Your muscles cannot think, your breath cannot think. They do not know if the person punching you can hurt you or not. Your mind must make that decision and you are conditioning your mind now by affirming to yourself the positive fact that you are not going to get hurt. Your mind will coordinate the muscles and the breath and prepare the body for the blow and the combination of the three factors will assure that you do not receive an injury. Note: you will never get hurt when practicing because first of all you will never be experiencing negative reinforcement, because you will be using a partner who will only punch you in the stomach the first time with his finger tips and will not hit you any harder till you are sure you can take a harder punch. Each time you train your confidence will be built up and each time your KI will become stronger because of your practicing it, you will not be getting hurt because of the light punches you are Taking while you are learning and by the time you are ready to let someone hit you very hard, your mind is ready, your breath is ready, and your muscles are ready.



2. Step forward with either foot, and let half of the air out of the stomach area. Do not let all of the air out because the partner may wait until you



breathe in and then hit you. This can do damage. Let out half of the air and continue to really concentrate the mind on the two important facts. "I am going to get hit", and "I will not get hurt."



3. When you are firmly convinced in your mind that you are ready to take the punch and that you will not be hurt, nod your head and the partner will lightly hit you in the stomach. Keep your eyes open and as you see the punch coming, quickly begin to tighten all the stomach muscles and all the other muscles of the body. At the same time exhale all your air as forcefully as you can and make

a noise when doing so. (The reason you make a noise is that you cannot let all your air out forcefully unless you are making a noise.) Some students are shy or reserved and do not want to make a loud noise. Let me assure you the louder the noise, the more power you are bringing into your stomach area - power of concentration, muscle control and breath.

4. When the punch hits your stomach, yell as loud as you can, tighten all the muscles and then keep the body and breath ready in case another punch is to follow. (Sometimes in a game you will get hit twice.) After you are certain no more punches are following, step back and smile, reconfirming to yourself that you were not hurt and you won't ever be hurt by these exercises. (This is to practice your positive conditioning.) Do not let the partner hit you several times in the beginning, unless you concentrate completely the mind each time as you did to take the first punch.

5. Each time you practice, you should increase the power of the punches that the partner is using and in a very short time you will be able to let him hit you as hard as he can without receiving any injury or bruise.

## Review of Steps

First concentrate the mind on two facts:

"I am going to get hit in the stomach" and "I am not going to get hurt."

After you have accepted and believed these facts step forward and let out half of your breath. Continue your concentration and nod your head when you are ready for the partner to hit you.

At the instant of impact let out all your air as forcefully as you can, with a loud noise. Tighten every muscle of your body and believe that it can't hurt you.

Each time you can let him hit you harder but in the beginning it is not necessary or advisable to let him hit you with more than a tap, until you learn the proper technique for letting all your air out, tightening the muscles, and concentrating the mind.

## Taking A Shot in The Ribs

Most of your life you have probably never had a coach, a friend or a teacher who ever told you what to do if you were going to get hit in the ribs. You may have been told to cover up, block it, get out of the way, but no one ever told you what you could do to protect the ribs if it were inevitable that you were going to get hit in the ribs. It is actually a most easy form of KI and can be learned quickly and applied easily to most game situations.

Remember that when you are getting hit in the ribs you are doing something, even if it is only letting your ribs get broken. Most people do exactly the wrong thing when they feel a hit coming into the ribs. They try to get out of the way. This does two bad things. It stretches the rib cage open and lets a lot of air into the chest. We have already seen that air can burst like a balloon, and certainly if you expose your ribs and separate them by leaning away from the blow, you will get them cracked or broken by the hit.



What you should do is to rely upon the three factors of your KI. Let the large muscle groups of the abdominal and the lats cushion and absorb most of the blow, at the same time let the breath be forcefully exhaled to keep the rib cage contracted as fully as possible and use the mind to concentrate your power to the area to make your muscles and breath react properly. If you do these three things the blow will just bounce off and cause no damage or pain.

Procedure: (when practicing place the hand on top of the head because in most games when you get hit in the ribs your arms are up, or out.)

1. Pull the lats muscle out as far as possible by concentrating the muscles of the latissimus dorsi and making them larger or expanded.
2. Lean the body to the side being hit, try to touch the elbow to your side, this squeezes the ribs together and protects them.
3. Let the breath out forcefully, to help you squeeze the ribs together and to contract the muscles.
4. Lean slightly forward in the area of the blow. This pulls the lats out further to act as a cushion for the blow.

If you are being punched in the floating ribs, (the area located at the sides of the abdominal muscles), you must lean forward, crunch down on the stomach and rib cage and into the blow. The stomach muscles play an important part in this KI and to fully get them tightened, and the ribs tightened, you must let your breath out at the point of impact as well as concentrate your mind.

Important: it is vital that you overemphasize the downward crunching movement of the ribs and the crunch of the stomach muscles.



Taking a punch in the ribs:

1. pull out the lats.
2. lean into the punch.
3. bend toward the punch.
4. exhale the air at impact.
5. concentrate the mind.







Taking an elbow in the ribs:

1. pull out the lat muscle.
2. lean toward the elbow.
3. bend toward the side.
4. exhale the air at the time of impact.
5. concentrate the mind.



## Strikes in The Neck

One of the most common and dangerous injuries that occurs in sports today is the neck injury. Many a weight lifting machine and numerous neck exercises have been invented and tried to strengthen the neck to help prevent the neck injury. But just making the neck stronger is like padding a glass jar and then repeatedly throwing it against the wall. Finally no matter how much padding someone will throw it just

right and break the jar. So the same is true with the neck. The athlete often just tries to pad it more, or make it stronger and then keeps butting his head into other people and hitting his head against the wall. Finally one of the blows will be just right and the neck will get injured. It is a much better and safer idea to use your KI, to protect your neck and spine from injury. Remember, we are still relying heavily on the muscles to protect the neck, but now we are adding the protection of the breath and the concentration power of the mind.

Procedure for Taking a strike in the front of the throat or neck:

1. Tighten the neck muscles as tight as possible.
2. Jut the bottom jaw forward so that you have an under bite effect. At the same time pull back on the tongue and make the same muscle contraction you would use when you are swallowing.



3. Lift the shoulders up and the traps muscles should be flexed. Tighten the fists to give strength to the trap and shoulder muscles.

4. Focus the mind on the fact that you are going to get struck in the neck and that you are not going to get hurt.

5. Breathe out slowly but extremely forcefully while you wait for the blow, at the instant of impact, really force your air through your neck (but do not make a sound or a noise other than the air escaping from your mouth).





6. Keep the neck muscles and mind concentrated till you are sure no more blows are coming.

If you are doing this exercise correctly you can test to see if your neck is protecting itself by seeing if you have protected your adams apple area or larynx. To do this have your partner try to choke you. If you are doing the exercise correctly, your larynx should float back into the muscle area of your neck and be protected there. Do not bend your neck in such a fashion that your jaw rests on your chest because then you have not protected the neck, but exposed the jaw and teeth.



**IMPORTANT...IF YOU CAN'T HIT YOURSELF IN THE THROAT AND NOT GET HURT. YOU CAN'T LET ANYONE ELSE HIT YOU IN THE THROAT.**

**DO NOT PRACTICE THROAT KI UNTIL YOU HAVE A THOUGH UNDERSTANDING OF MASTERY OF KI. YOU CAN GET KILLED.**

If you are going to get struck in the **back of the neck**, you must do the following things in order to use your KI to protect your neck and spine.

1. Keep the back and spine as much as possible in a straight line. Do not be leaning forward or backwards.
2. Tighten all the muscles surrounding the neck for protection.
3. Exhale your breath forcefully to allow full muscle contraction and to aid your mind concentration.
4. Concentrate the mind very hard on the area being hit and firmly believe you will not be injured.

Notes: The neck can be protected by the use of KI but this is a very dangerous area to make a mistake in while practicing. I do not advise that you ever practice with full power blows to the front of the back of the neck, but rather practice with softer blows so that you can develop your technique and timing so that if you were hit there in the actual situation you could react fast enough and correctly.

Often you do not see the blows coming from behind to the back of the neck for the obvious reason that you do not have eyes in the back of your head. However you can be prepared for such blows as much as possible by getting into the habit of not relaxing the neck muscles and not leaning the neck forward or backwards.

The body position at the time of the impact from the strike in the neck. Note the jaw jutting forward, the neck being tightened and the concentration on the neck area.

## Questions And Answers On KI

Q. What if you don't see the blow coming?



A. 9 out of 10 times you do see the blow coming because it is illegal in most sports to hit the man from behind, and because you see the blow coming you will be able to react in time. Get in the habit of always being ready when on the field or playing. Don't let your guard down. Keep the muscles tense but not tight. Keep the breath under control. Do not get lazy and start breathing into stomach and keep the mind concentrated and prepared for a blow at any time. Remember the play is not over till you are in the huddle, the referee has the ball or the final gun has blown. I guess the best motto is to "Stay Prepared."

Q. How do I practice without getting hurt?

A. Practice in progressive steps using only positive reinforcement, start out with a tap, and only build up the power of the hits a very little at a time, as your technique progresses and your mind and body become stronger and more confident. So always use a partner that wants to help you learn, not one that wants to see you get hurt.

Q. How often should I practice my KI?

A. You should do your breathing exercises every day, your sit ups every day, your muscle training 3 times a week, your meditation and beginning mind control exercises every day for at least 3 months. By then you will have learned all the techniques well enough to take almost any blow without receiving an injury.

Then you may practice these exercises 3 times a week. Remember that your KI is as much technique as it is mind control and so you must practice your technique by letting people hit you. If you have not let anyone hit you for 4 weeks, your technique will not be as sharp, therefore your KI will not be as good. It is just like any sport, you must practice specific techniques quite often to stay in top condition.

Q. When should I not practice?

A. Do not try to do KI when you have been drinking. Alcohol deludes one into thinking he has more power than he really has; never when on drugs; or after eating - wait at least an hour; and do not try it just as you wake up, wait until you are fully awake and your mind is very clear. Also if you ever feel like you don't want to get hit, or just don't have any KI that day, then you are right and you should not

practice your KI because you are not really doing KI for you have not got the absolute mind beliefs necessary to do it correctly.

Q. How do I do all these things in a game situation?

A. You already should have the muscle strength from your muscle training, and you can practice your breathing exercises before the game. Use the time you have in the huddle or before the ball is snapped or when you are on the sidelines to keep the mind concentration at a top level.

## **Procedure for Learning KI**

### **Day One:**

- a. 50 sit ups, 50 leg ups, 20 side bends.
- b. stomach breathing 2 minutes
- c. isometric stomach breathing, 5 way
- d. concentration for at least 30 seconds on "I am going to get hit in the stomach" and "I am not going to get hurt."
- e. partner just jabs his fingers into solar plexus area (be sure to overact and really tighten the muscles, and scream at the instant of impact even though this is a soft blow.)
- f. affirmation - affirm to yourself "that did not hurt, and I cannot get hurt by being punched in the stomach."

### **Day Two:**

- a. 60 sit ups, 60 leg ups, and 20 side bends.
- b. stomach breathing 2 minutes.



c. isometric stomach - 5 way.

d. concentration for at least 30 seconds on the facts. "I am going to get hit." "I am not going to get hurt."

e. partner hits you in the stomach 1/4 of his full power. Be sure to overreact to the punch and greatly tighten the stomach muscles, forcefully exhale the air, and scream at the point of impact.

f. affirmation "that did not hurt, and I cannot get hurt by being punched in the stomach."

### **Day Three:**

a. 70 sit ups, 70 leg ups, 20 side bends.

b. stomach breathing 2 minutes

c. isometric stomach - 5 way

d. concentration for at least 30 seconds (See above concentration thoughts)

e. partner hits you in the stomach 1/3 his power. Be sure to be over ready to this punch. In other words be ready for a punch twice that hard.

f. affirmation (see above affirmations)

### **Day Four:**

a. 80 sit ups, 80 leg ups, 20 side bends.

b. stomach breathing 2 minutes

c. isometric stomach - 5 way

d. concentration for 30 seconds

d. partner hits you 1/2 power

e. affirmations

### **Day Five:**

- a. 90 sit ups, 90 leg ups, 20 side bends
- b. stomach breathing 2 minutes
- c. isometric stomach - 5 way
- d. concentration for 30 seconds
- e. partner hits you 2/3 power in stomach.
- f. affirmations

### **Day Six:**

- a. 100 sit ups, 100 leg ups, 20 side bends.
- b. stomach breathing 2 minutes
- c. isometric stomach - 5 way
- d. concentration for as long as you need to take a full power punch. Not more than a minute should be needed.
- e. partner hits you as hard as he can in the stomach.
- f. affirmations and congratulations by partner and coach.

### **Rest Sunday.**

The second week continue to do 100 sit ups, 100 leg ups, and 20 side bends a day. 2 minutes of stomach breathing, 5 way isometric stomach, try to lessen the amount of time you need to concentrate, and begin to practice your Rib KI in the same gradual manner you did the stomach KI. By the end of the week you should be able to take a full power punch in the stomach and a fully power strike in the ribs.

Week 3. Continue to do 100 sit ups, 100 leg ups, 20 side bends, 2 minutes stomach breathing, 5 way isometric stomach, increase your concentration ability, take



punches in stomach and ribs, and begin to practice techniques for neck KI (but do not practice Taking hard strikes in the neck EVER, just practice the technique.)

You should continue to practice your KI vigorously and religiously every day you can until you have developed the techniques so that you are able to let someone punch you either in the ribs, or the stomach without more than a split seconds notice, and until you can take several strikes in a row to different areas of your body. Your KI will get better every day, as your mind gets stronger and your breath and muscle control becomes sufficient so that you are absolutely assured of their immediate full cooperation when you practice your KI.

**KI will work. KI does work.** KI can be developed by you, or by anyone who is willing to do the training required and to believe in themselves. You must not neglect a single exercise. You must be able to do 100 sits ups, 100 leg ups, and 20 side bends. You should develop a regular muscle strengthening program. 2 minutes of stomach breathing every day for at least a month. Isometric stomach breathing 5-way, beginning mind control exercises and meditation techniques all must be mastered. Progressive-positive training with the proper partner and you will soon be a master of Hard KI.

## **REMOVAL OF PAIN & AVOIDANCE OF PAIN**

To begin with we must understand what pain is and what the purpose of pain is. Pain is a defense mechanism used by the body to warn it that an injury is occurring, or has occurred, and to keep it alert to the injured area to avoid re-injuring it. Pain is not caused by the injury but is caused by the nerves reacting to the injury. The science of acupuncture and acupressure has developed techniques to stop the nerves from transmitting pain to the brain and thereby stop the brain from feeling the sensation of pain. Pain must therefore be interpreted by and felt in the brain. Even though it seems as though the injury is being felt in the area of the damage, what is in fact happening is the pain is being sent to the brain via the nerves, translated and interpreted in the brain and sent back to the affected area. A cycle is thus formed with the nerves and the brain. Not with the injury and the brain. It is not necessary to experience pain unless the pain is being experienced by the

actual injury occurring. So we have developed drugs in America to stop the pain from being interpreted in the brain. The aspirin is the most popular, and all the way up to Heroin which is so strong that you can have surgery without any pain being experienced during the operation.

So you can also learn techniques for avoiding the sensation of pain or preventing and removing the pain syndrome. These techniques are not new and have been used by the Orientals for thousands of years and by many American athletes and individuals who perhaps may not have been aware exactly what they were doing.

When you were young you used a similar technique for the removal of pain. Remember when you would fall down and hurt your knee. You would grab your knee and take a deep breath, squeeze your muscles, then limp home and your mother would kiss it and make it well. Usually you really did feel better and most of the pain was gone. What was happening was the use of three techniques for the removal or avoidance of pain that we will use. You were using breath control, muscle control and mind control. You used your breath to draw your body's healing powers to the area and to stop the nerve movement. You used your muscle to tighten the area and draw extra blood into it and relieve some of the pain. You used your mother's kiss as a mental affirmation that you no longer hurt.

Let us see some techniques that can be applied to slight injuries that often occur in sports. Note: you can use these techniques for major injuries such as a broken bone or wounds, but we are concerned with injuries that you have that are minor and that if you were not affected by the pain you could continue to play and perform at top level.

Joint Injuries: Slight sprains and jams.

1. Take a deep breath and tighten the muscles that have been hurt. Now hold your breath while directing your mind to send your breath to the area that is hurt. (Of course you can't send air to the area, only suggest to your mind that you are sending your breath with its healing properties to the injured area.)
2. Make circles, pointing away from the heart, around the affected area, not on the affected area. Rub around it about 5-10 times then mentally take the pain into your finger tips and throw it away with a flick of your fingers - away from the body. (You can't actually throw away the pain, but you can give your mind and your body the autosuggestion that you are throwing away the pain.)



3. Forget that you are injured and pay no more attention to any pain that may still be coming to the brain. Begin to concentrate very hard on the task or game at hand. Do not let the mind wander to the sensation of pain. Forget it, do not notice it. (Just like a man that works in a noisy factory learns not to notice the noise after he has been there a while.) Don't worry that you may re-injure the area or that if you do your mind control may not let you notice the pain, just like the man in the factory who does not notice the noise, he immediately notices something going wrong, or a strange sound, so you will too notice any further injury.

Jammed thumb or sprained finger:

- a. rub around the area
- b. take a deep breath
- c. tighten the muscles for a few seconds
- d. throw away the pain
- e. forget the pain

Slightly sprained ankle

- a. rub around the ankle
- b. take a deep breath
- c. tighten the muscles for a few seconds
- d. throw away the pain
- e. forget the pain

Throwing away the pain and forgetting the pain or



techniques that take practice and that take concentration and belief in one's mind control. But more importantly it takes the desire of the athlete not to let an injury affect his performance or stop his performance. A great athlete is usually playing with some kind of pain and to get to be the best



Throwing away the pain in the ribs you have to undergo much pain and trial with pain to perfect your game and technique. Believe you can stop

the pain, desire to stop the pain and to go on playing and you will certainly develop this technique.

Throwing away and stopping pain in the ribs or stomach area.

## RELAXATION

The ability to relax cannot be overemphasized and can be defined for our use to mean the ability to leave the game out of your body, but keep it in your mind. Too many coaches and players lose points, games and get ulcers because they cannot control their tempers or attitudes during the game situation. They have let their reactions be determined by the actions of other people, referees, or players. Therefore, they find themselves like puppets on a string, ranting and raving, or awkward and clumsy because they have destroyed the delicate relationship between the body and the mind. They have let their emotions take a disproportionate part in their actions and because of that they have lost their style, poise and grace. We



have all seen far too many cases of this and know it's true. (For example: the coach in the ball game who runs up and down the side lines, kicking the ground and the players and screaming and shouting at the referee, the player who can't make a shot because he is so nervous and anxiety ridden, the player who jumps off sides several times or who starts fights for the slightest provocation.) The problem with these people is that they have lost control of their body by letting their mind become confused and disoriented. Your mind cannot think of two things at once and do a good job on either one. You must have a calm mind if you want to make the shot, or to think the play out. Your mind tells and directs your muscles to perform as they have been conditioned but if your mind is racing between being upset and making the shot, being angry and being relaxed then the muscles get contradictory information to them and subsequently do not perform as programmed but become dis-coordinated. The brain becomes confused by the huge influx of emotional stimulus and can't reason intelligently, perform adequately and begins to send out all kinds of emergency signals to the body. You see, your mind cannot distinguish between a vividly imagined event and an actual occurrence. So when you begin to think angry, your brain interprets danger and sends out the appropriate body responses. Your adrenaline starts to be released, thereby causing the blood pressure to go up, the heart beats faster, the stomach stops digesting and begins secreting acid, the eyes dilate and the muscles become jerky and tensed. So your body is prepared for attack or defense and when none comes the damage is irreversible. No one is easier to handle than a drunk, or a man that has gone crazy and so angry that he is like a wild man, he obviously can't perform his primary function in the game and so your defense or offensive gets the advantage of having one more player on their side functioning at peak condition and one less on your side not only functioning poorly but probably causing others to perform badly. Ulcers and lost games, fights and lost friends are just some of the results of the inability to relax.

Any great athletic performance seems effortless because the athlete has practiced and practiced until he has programmed his body for the appropriate response. He has learned to keep his mind calm and to relax while performing, thereby conserving his energy and assuring a longer and better performance. He is like a work of art, graceful and beautiful to look at, because he has achieved harmony between his body and mind. A great coach is the same thing. He has learned to teach and train his team with patience, kindness and understanding. He has confidence in his team and his coaching staff. He knows that they will do the best that they can, and that the game is not the time to change previously conditioned responses or to try to do a coaching job that should have been done in practice sessions. So he remains calm and relaxed on the sidelines and usually winds up

winning. Of course there are coaches who become involved to a great extent and are also winners, but they don't last as long and generally pay for their involvement with ulcers and loss of friends and support. No one likes you when you are upset especially your own body. So let's practice a form of relaxation that takes only 3 minutes and can be as beneficial as 1 hour of sleep.

**Relaxation Technique:** lie on the floor with the feet together and the palms face down on the sides of the body. Look straight up and do not move the eyes. This is important. Now take a deep breath, hold it for a second and tighten the feet. Now relax and exhale. As you do, say mentally to yourself, "relax, my feet are relaxed." Now take a deep breath and tighten the calves. Hold the tension a second. As you release the breath say gently to yourself "my calves are relaxed." Take another deep breath and tighten the thighs. Hold it for a second. As you release the breath, relax the thighs.

Your legs are now completely relaxed. You no longer wish to move your legs. You could move your legs, but you no longer wish to move them. Take a deep breath into your stomach, hold it. As the air leaves your stomach, relax your stomach. Now breathe deeply into your lungs. As the air leaves your lungs, relax your chest and let your breath become very subtle and soft. Now breathe and tighten the arms and hands. Hold the tension a second. Then relax. As the breath leaves your arms become very relaxed. Your entire body is now very relaxed and you feel as if you are floating on a cloud, very calm and very relaxed. Take a breath and tighten your neck and shoulders. Hold it and as you let your breath out relax your neck area. Now take a breath and make a large frown, an ugly face. Now relax and breathe out, and relax your face, more and more till your jaw almost drops open. Your entire body is now completely relaxed and you feel extremely calm and relaxed. The only thing left to relax are your eyes. Gently close your eyes. You should immediately start dreaming now.

Just let your mind roam and relax, dream of soft and nice things. Imagine you are floating on a raft in a calm lake, or sailing on a cloud. Relax and feel the air flow through your body, relax and dream. Relax and dream. Let the mind float from one thought to the next, paying no special attention to any thought. Just watch them come and go in the mind like you see cars come and go on the highway. Relax and think of beautiful things. Think of nature, music, art, of love. Relax and feel yourself floating.



Now when one wishes to come out of this relaxed atmosphere, one should not just jump up. Gently open the eyes and take a deep breath and move the fingertips and the toes, breathe again and move the arms and the legs, breathe again and bend the arms and legs, and move the hips. Now take the arms and rub the back of the neck and calmly sit up and relax in a meditative posture for a few more seconds. You will feel very relaxed and quite calm and refreshed. This is truly a valuable way of letting an athlete relax and should be used by all serious students.

Three minutes of this relaxation is better for the body than 1 hour of sleep because it calms the nerves, refreshes the spirit, and soothes the mind. It is fast and simple to do and can be used after a workout or running (three minutes of sitting on the side of the track with the head between the legs trying to regain the breath after running does very little to relax you, while three minutes of this exercise does wonders.)

You can do this exercise lying down and it is very helpful to those who have trouble going to sleep. You can also do this standing up or sitting down during the game on the sidelines. As a coach, just take a few deep

breaths and tighten the muscles just as if you were lying down. In a few breaths you will begin to become calm and feel more relaxed. Just close your eyes for a few seconds and suggest to yourself a few pleasant thoughts. Your mind should become calm and relaxed and subsequently your performance as a coach and player will be at its strongest point.

The mind cannot be relaxed and calm when the body is breathing fast and furiously. So the necessity of regaining control over your breath as soon as possible after exertion is very important. Often when we run, we begin to experience anoxia and we get too much blood pumping too much oxygen and lose the delicate balance between good and bad air in our bodies. So we must use our mind to control our breathing and slow our breathing to allow the oxygen, carbon dioxide stages to be equalized.

### **Deep Breathing, or Circular Breathing:**

To be used when you find yourself breathing too fast after exercise or after you exert yourself to assure that your muscles are getting an adequate supply of air.

Stand with the feet shoulder width apart and touch the hands together in front of the body. Begin the breath very slowly and easily as the arms are lifted up in a clockwise circle around the head and down the sides of the body, continuing to breathe in air the entire circle. Do this three times and one will feel much more refreshed and have a much more adequate air supply to necessary muscles. As you practice doing this exercise, you will learn to control your breathing and be able to get more benefit from the circular breathing. It is the fastest and easiest way to regain the proper breathing control after running or strong physical exertion.



**Raise the arms above the head and as you pull the arms down around your body, breathe in very deeply.**



**As you continue your circle breath out and you bring your arms back up to the top.**







## BREATHING EXERCISES

The breath plays a most important part in the relaxing of the body and often it is the breath that is the determiner of the body's responses, not the body that is determining the breath's reaction. In other words you are not breathing fast because you have been running, you are

able to run because you are able to breathe quickly and supply the additional oxygen requirements to the body. You could not run at all if you could not breathe at all. In fact, you could not do anything at all if you could not breathe well. You would be asthmatic and unable to perform any vigorous exercise or to exert too much.

Your breath is the most important thing in your body. It is the only thing that you can not consciously deprive yourself of. You can poke your eyes out, kill yourself for love, bust your ear drums listening to loud music, deprive yourself of food, but you cannot hold your breath till you suffocate and you cannot let someone else suffocate you. Your body will not just relax and let itself be deprived of air. You will do anything to anyone when the need for air becomes dire for your survival.

The breath plays a very important part in relaxation because it plays a large part in the control of our body's reactions to certain events. For example, we have already noted that we could not run if we were not able to breathe fast and deep enough to supply the additional oxygen requirement needed by the body. When we are angry our breath becomes short and fast like when we are running. But when we are sleeping, our breath becomes slow and deep and relaxed and so is our mind. We cannot be breathing slow and deep and relaxed if we are angry. Just as we cannot be breathing slow and easy when we are upset. We breathe calm and our mind responds calmly, our muscles respond calmly. Your breath stills the mind and calms

the nerves. So exercises have been developed centuries ago by people who understood the importance of the breath as a factor in self understanding and mind and body control. We will practice or study by practice, three of these methods.

**Counting the Breaths:** Sit in a meditative posture (see Chapter 10) and take a few deep breaths to calm the mind. Now begin to concentrate only on the breath as it comes in and as it leave the body. Try to clear the mind of all outside thoughts and concentrate only on the incoming and outgoing breaths. When you begin to breathe in, think only of the number One or only of this being your first breath. Let no other thoughts enter your mind but the number One. Continue to concentrate on this number all the way through the breath and as you begin to breathe out, continue to think and concentrate only on the number One. Now as you begin your next breath think and concentrate only on the number Two. Clear the mind of all other thoughts and think only of the number Two as you breathe in and as your breathe out. Continue to do this slow breathing and concentration up to the number Ten striving to keep the mind calm, not tense, and concentrating only on the numbers.

In a very few seconds you will see the extreme difficulty of clearing the mind and in only concentrating on the numbers. Thoughts will begin to float up and your mind will notice them and you will begin to feel and think about these thoughts and so become distracted from your primary purpose of thinking and seeing only the numbers. But do not become discouraged. This is an exercise and technique that can take literally years of practice to do perfectly. The mind is always full of extra thoughts and you must practice trying to calm it just as you would practice trying to learn a new skill, over and over again with patience and a calm and resolved manner. You cannot still the mind by being angry at it for thinking other thoughts, or calm the mind by tightening the muscles. Just relax and try to concentrate the mind only on the breath. Gradually you will be able to think only of the numbers.

**Counting The Breath 2.** If you are having great difficulty in visualizing the numbers then perhaps the visualization of colors will be easier for you. when you breathe in, think only of the color red, through the entire breath, and then of the color blue, then green, then orange, then black, then white, then yellow, then brown, then purple, and finally pink, (or you can use any color you wish). This may be easier for you and provides a more pleasing visual stimulus for the mind.

You should perform this counting exercise every day for at least a few weeks until you have begun to gain some mastery over your mind and some control of your



mind. Practice should only take a few minutes, up to five, and so should not be troublesome to you for finding the time to practice. After you have begun to get good in this you may want to do it more often for the relaxing effects it has on the mind and body. You may do it as often or as little as you wish. You can do it on the sidelines when you find yourself getting upset (remember how your mother told you to count to ten if you were angry). The same effect is achieved now but you are adding the effect of the slow and easy breathing to calm the nerves and soothe the mind.

**Controlling The Breath:** this exercise trains one in the voluntary control of the breath by the conscious will of the mind. You will not be allowing the body to breathe normally but will be trying to force it to breathe as the mind wishes.

Sit in the meditative posture and close the eyes. Take a few deep breaths to calm the mind and now slowly begin to breathe in for the count of 10, count each number silently to yourself. Now hold your breath without pressing down or lifting your shoulders up for the count of 10. Now begin to breathe out for the count of 10, trying to make the out-breathing slow and controlled and not breathe out all the air at the beginning of the out-breath. Immediately after you have breathed out for 10, begin to breathe in again for the count of 10. Hold it for 10 and out for 10. Do this exercise 10 times. You will find that you may start to sweat and that you really have to use a lot of muscles and mind control to stop your body from breathing in too quickly or out too fast. This is an excellent form of breathing control and the benefits are numerous. It teaches the mind great strength and begins to reconfirm to the muscles the power of the mind over them. It produces a body heat, and so can be used if you are cold; and it strengthens the breath control by the actual controlling of the breathing movement. You can consider yourself exceptional if you can breathe in for 30 seconds, hold it for 30 seconds and breathe out for 30 seconds - 10 times. This shows a true mastery of the breath and a great deal of muscle and mind control. Do this exercise daily for a few weeks until you have been able to do all ten breaths in the correct count. Thereafter you may do it as often as you wish for the benefits to the muscles, the body and the mind.

**Following The Breath:** the purpose of this exercise is to transcend the mind and to concentrate only on the breath as it fills the body and the lungs and to follow it as it comes and goes in and out. This is a very soothing and relaxing form of breathing and the benefits are long lasting and comforting.

Sit in the meditative posture, close the eyes and take a few deep breaths to calm the mind and relax the nerves. Now as you begin to breathe in, try to let all other thoughts leave the mind except following the breath as it goes through your nostrils,

down your throat and fills your lungs, then is dispersed to the various parts of your body. Follow it as it returns up your throat and out your nostrils and into the air. Try to imagine a golden string being attached to your lungs that comes out of you as you breathe the air out and comes back into the lungs as you breathe in. Let your mind remain calm and follow the breath softly and easily. Soon you will begin to feel the body become filled with air and begin to feel very calm and relaxed, very soothed and light. The breath will fill your mind and your body and you will begin to feel as light as your breath itself. Do this exercise as long as you feel light and are able to concentrate on following the breaths. It is very soothing and relaxing. Perform this exercise any time you are upset or any time you wish to feel truly relax

### **THE TIGER EYE**

The "Tiger Eye" is a term that we will use to mean peripheral vision, or the ability to see everything that is surrounding you without the necessity of moving the eyes or the head. This technique is very valuable in most sports and causes an increase in awareness and subsequently performance. If you can see everything that surrounds you, the chances of your throwing an interception, or missing a tackle or shot are greatly reduced.

The Meditative Position: there are as many different positions for meditation (or concentration on a specific thought towards a specified goal) as there are forms of meditation. All have their benefits but some of them are difficult to get into position to do. So we will use a simple but effective position, called in Yoga the half lotus position.

Sit on the floor with the legs crossed in front of the body. Place the right leg in first and cross the left leg in front of that. Strive to keep the knees as near the ground as possible and the back, spine and neck in a straight line. Rock back and forth and gently to the sides to assure you are sitting up straight. Place the arms on the tops of the knees with the palms up. This helps to stabilize and balance the back. You may feel uncomfortable in this position. That is because you are not flexible enough. To improve flexibility do the stretches found in the front of the book, but if you are not flexible because you have not been doing the stretches long enough you may modify the position so that you are grabbing the knees or



even putting the legs straight out. You may even sit in a straight backed chair while you are learning your flexibility.

The half lotus position. Note the straight back, the arms on the knees, the left leg in front of the right, and the steady and calm eyes.



One should sit in the half lotus position while practicing the Tiger Eye and the gaze should be straight ahead with the eyes not moving to fix a point for the gaze.

The hands should be held above the head to start with, the fingers forming a triangle, and then slowly brought down to in front of the eyes. There the eyes should be fixed in their gaze upon one area and no longer move. The hands should then be placed on the knees, palms up with the thumb and forefinger inter joined. Now the Tiger Eye should be practiced.

After one has assumed the meditative posture one should fix the gaze of his eyes directly ahead and on one point. Let us assume you are looking at a football field during a game and you are standing in the middle of the field facing the goal line. Now without moving your eyes you can see the following things. You can see the goal posts and the end zone. You can see the stripes on the field and the grass, and the colors of the grass. You can see the sidelines, and the benches full of other players on the sidelines. You can see the players on the playing field, all of the players, and you can see the sky. You can see the lights around the stadium and the fans in the seats around the stadium. You can see the players directly beside you and across from you. In other words, you can see everything - in front of you, on the side of you, above you, and below your feet.

Now listen, you can hear the crowd. You can hear the sports announcer. You can hear the coach and players yelling on the sidelines. You can hear the quarterback and the players on the field talking, and even walking or hitting each other on the plays. You can see everything and you can hear everything going on around you. This is total awareness, total visual and sensory awareness. You cannot be surprised by a clip, or scared by a yell of another player. You are aware, just like the tiger is aware in the jungle. Yet you are relaxed and ready to move in any direction at any time, just like the tiger in the jungle.

You will find upon investigation that when the eyes are looking straight ahead and not focusing too sharply on one particular object that all the field of vision can be seen. But if you move your eyes side to side very fast or move your head quickly, then everything becomes blurred and you can actually not see things clearly. Just like a good hunter only looks at the trees and notices the slightest movement, not at the individual limbs and sees only that limb. Just imagine that the field is like a small painting. You can see all of the painting clearly but not if you are moving your head from side to side or your eyes quickly from side to side. So try to get in the habit of moving the whole body when you move the eyes. That way you are always keeping the vision clear and the body in such a position to react accordingly and effectively. (for example, if you look out the corner of your eye, you can see. But if someone was going to hit you and you could just see him in the



corner of your eye, your body would not be in a very strong position for defending yourself. It is better to turn the whole body to look.) before, and you will thus be practicing your peripheral vision and soothing the nerves and calming the mind. The more you become aware of the things around you, the more you begin to appreciate them and their beauty.

The "Tiger Eye" is most useful for foul shooting, quarterbacks, safeties, and linebackers and for coaching (for all good coaches are able to look at the play and see the whole play unfolding at once, not just one player at a time. So a spotter who uses this technique will be a more effective spotter because he will be able to see the whole field and whole play at once.)

The "Tiger Eye" also involves listening for when you are relaxed and noticing all the sights around you, you are also noticing all the sounds around you. A good player is not drawn off sides by the change in the quarterback's cadence or inflection, and a good player does not lose concentration when the crowd boos him or is screaming at him or the team. He is just concentrating on the shot, or the game. He hears the noise but is not distracted by it.

You can practice the Tiger Eye while walking around school or at home. Just look straight ahead when you walk and do not move the eyes. You will see all the people coming and going around you and any movement to the right and left. You will feel calm and hear things you have not noticed

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**Dr. Ted with Soke DeFelice**  
**(appeared on ABC Wide**  
**World of Sports**  
**Nicknamed "superman".jpg**



**Demonstration before 5,000**  
**people.jpg**



**Knocking apple out of students**  
**mouth with nunchaku.jpg**



**unbendable arms before 5,000**  
**people.jpg**



**breaking 3 boards on ribs with**  
**bat.jpg**



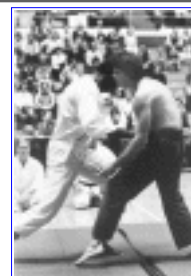
**breaking 3 boards on ribs with**  
**bat.jpg**



**breaking boards on ribs before**  
**5,000 people.jpg**



**punched in stomach by 6'6"**  
**300 pound blackbel.jpg**



**lifted in air from stomach**  
**punch**  
**before 5,000 people.jpg**



**breaking 3 inches wood side**  
**kick.jpg**



**Incredible double shutos to**  
**throat.jpg**



**flipping student before 5,000**  
**people.jpg**



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[Meeting of the Masters 1980  
largest masters seminar in  
Texas history.jpg](#)



[flying jumpkick.jpg](#)



[full power kick to stomach  
while on knees.jpg](#)



[full power kick to stomach at  
point of impact.jpg](#)



[bending 12 " knife on throat.jpg](#)



[bending 12" knife on  
throat.jpg](#)



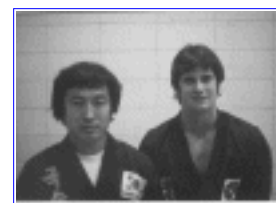
[Getting punched in ribs  
by World Famous author  
Larry North.jpg](#)



[Getting punched in stomach by  
Larry North.jpg](#)



[Getting punched by Larry  
again.jpg](#)



[Larry North breaking 3 inches  
wood on my ribs.jpg](#)

[1975 LSU Collegiate Karate  
Championship.jpg](#)

[Dr. Ted with Grandmaster  
Heyong Kim.jpg](#)



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**Dr. Ted with Grandmaster Bill Sosa**  
**World famous Aikido Master.jpg**



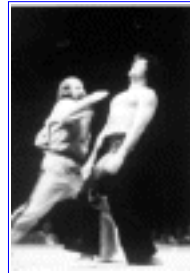
**Dr. Ted with Soke R. Sacharnoski**  
**founder of Juko Ryu Jitsu.jpg**



**Punched in stomach**  
**before 5,000 people.jpg**



**full power throat smash.jpg**



**1 second after being knocked**  
**backwards from throat strike.jpg**

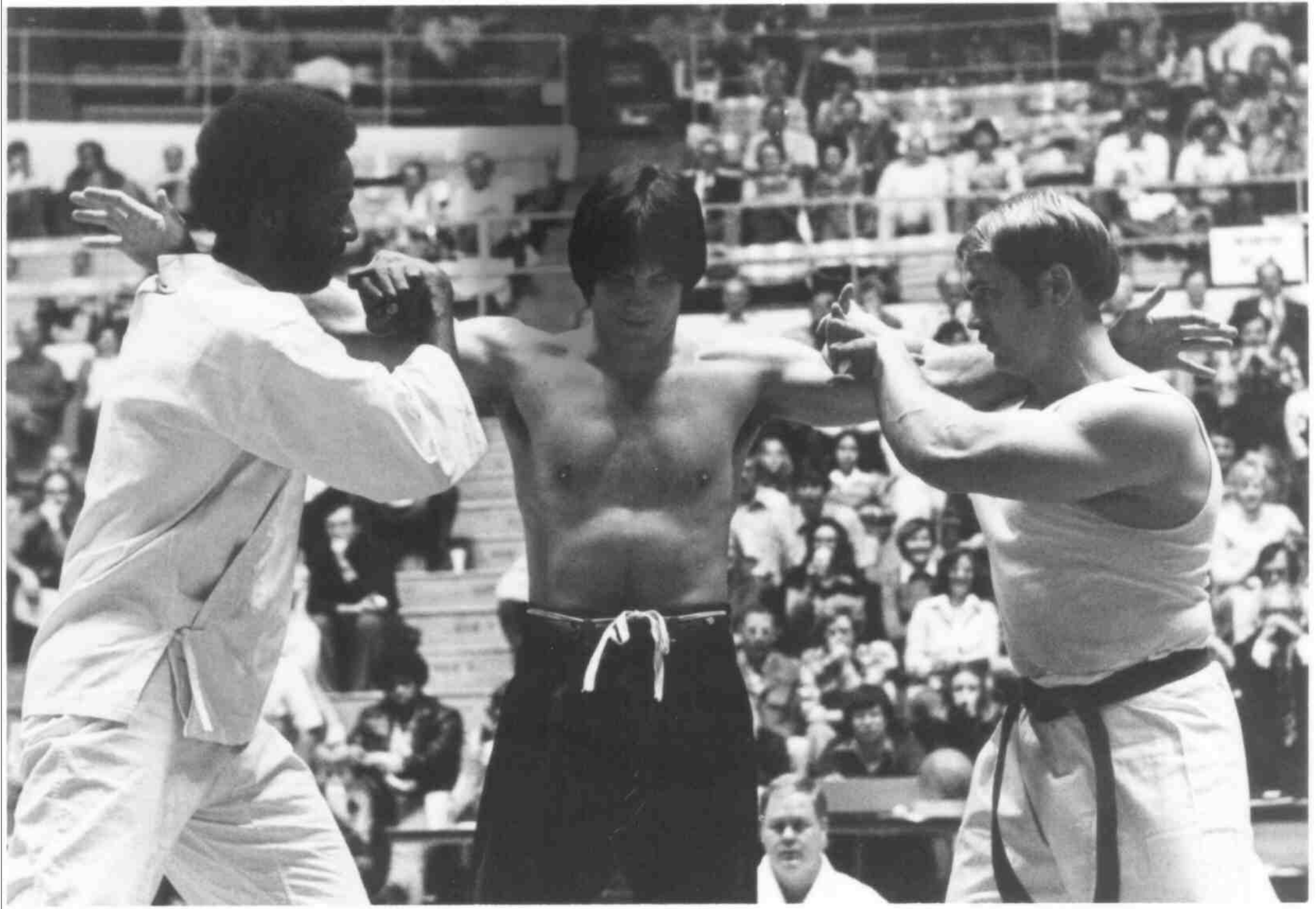












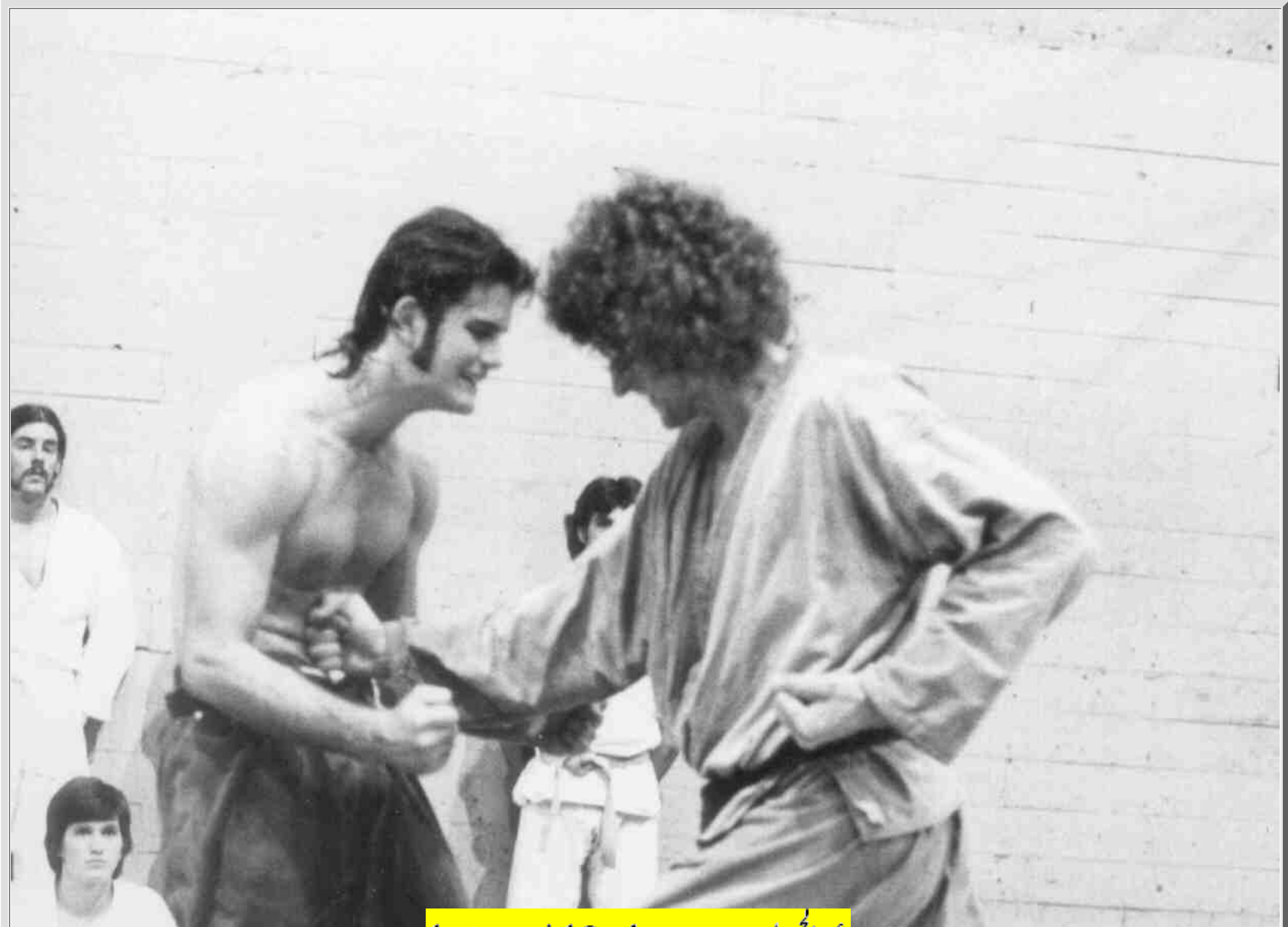






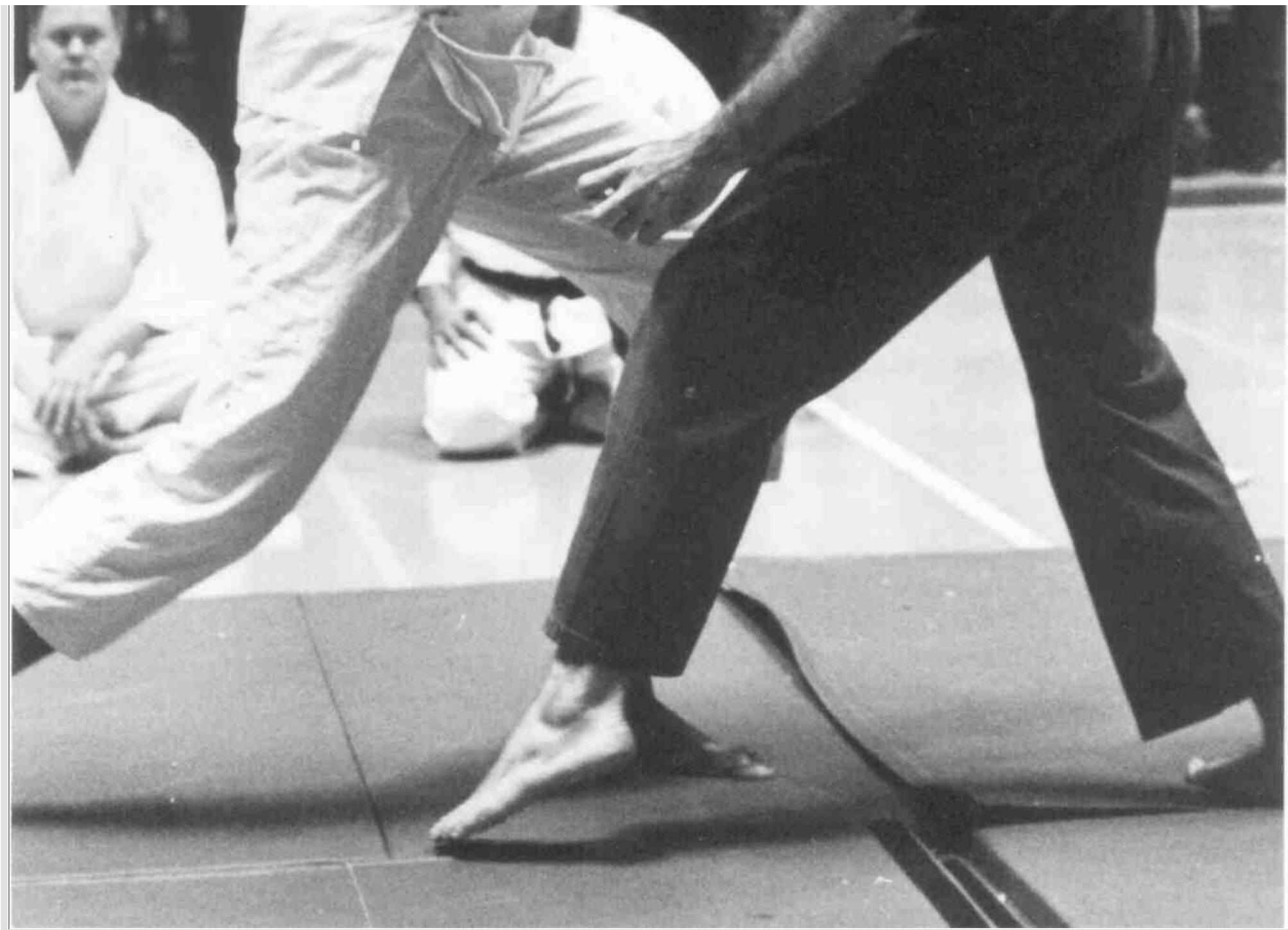
















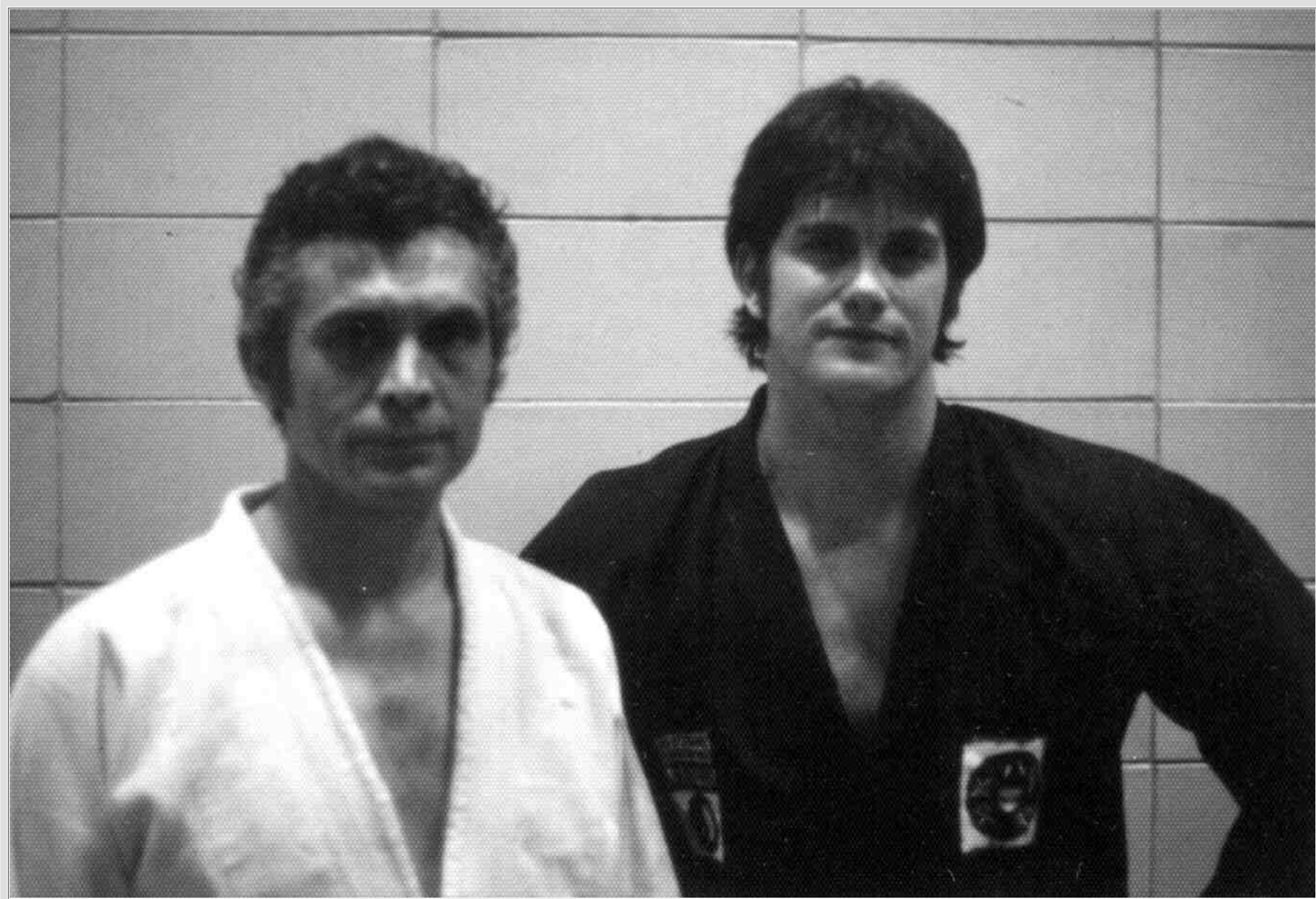




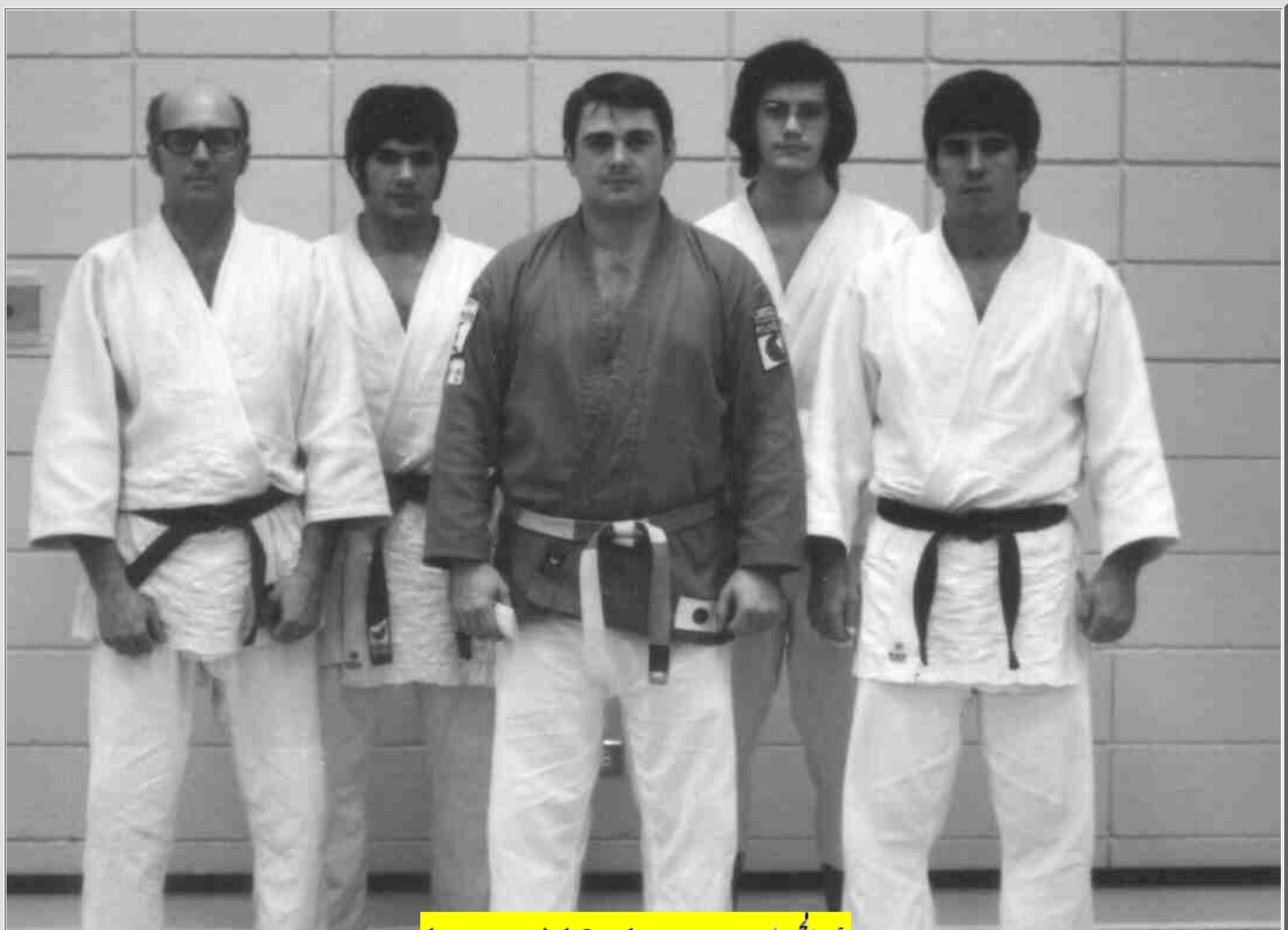


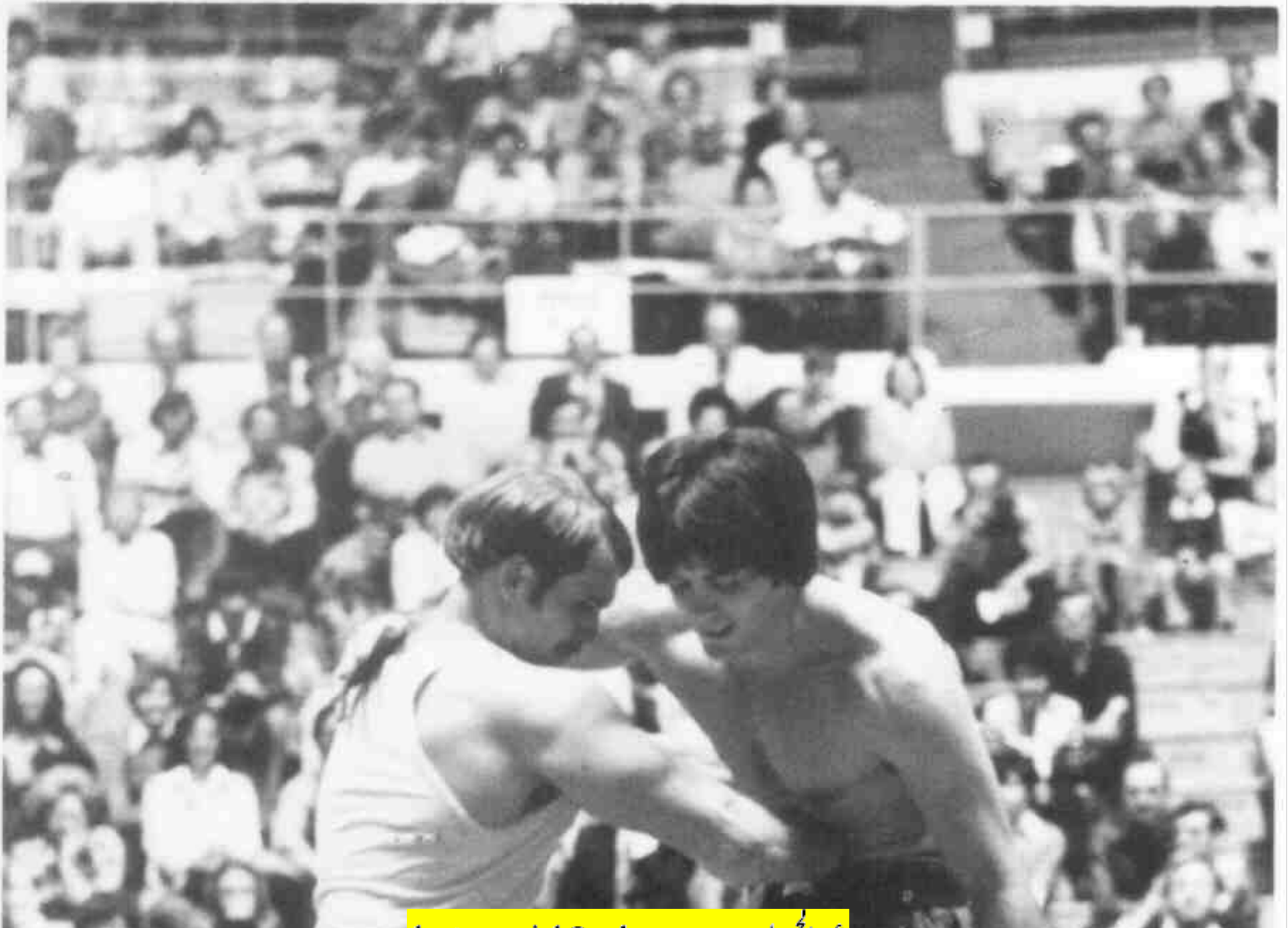


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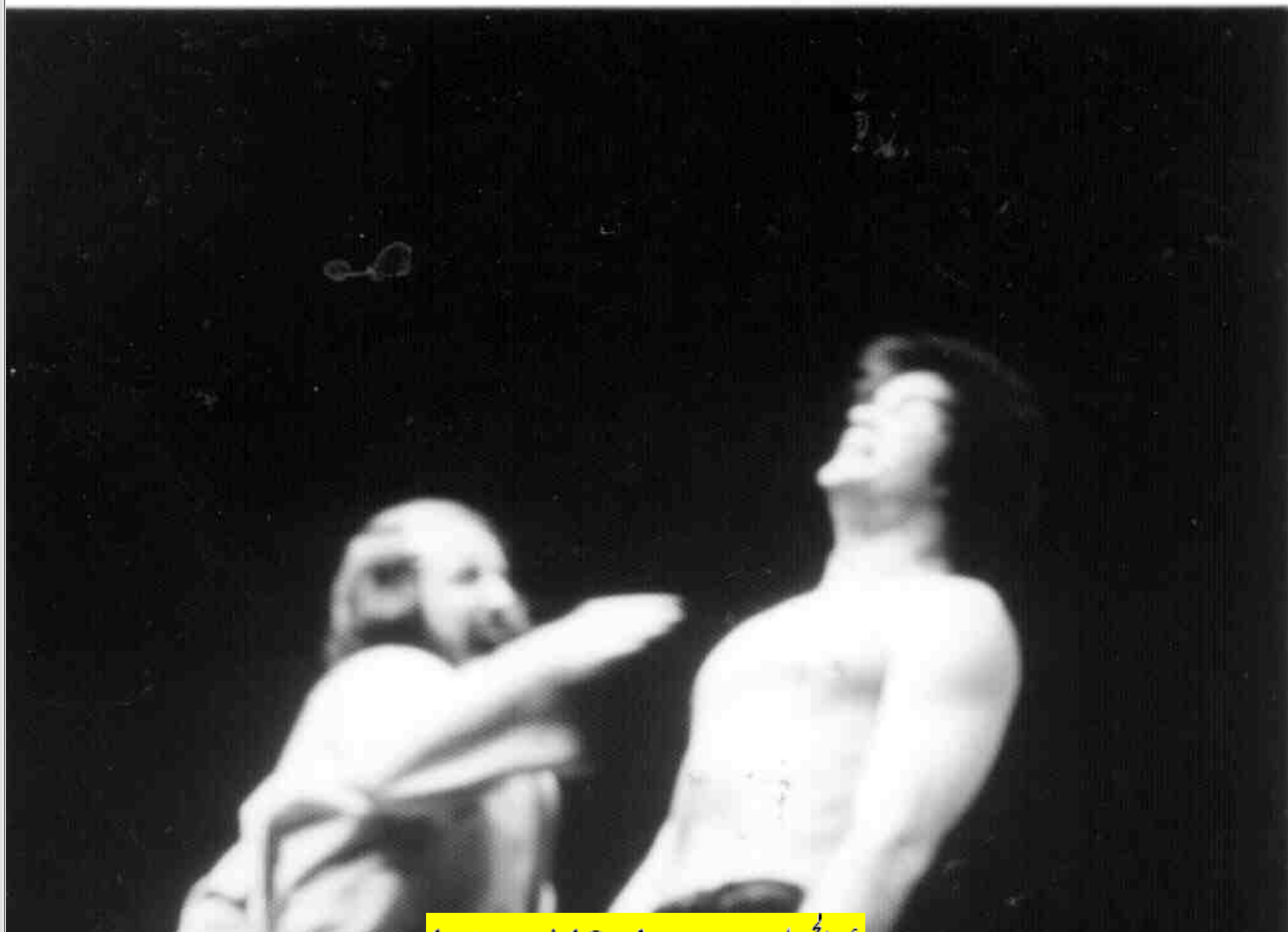


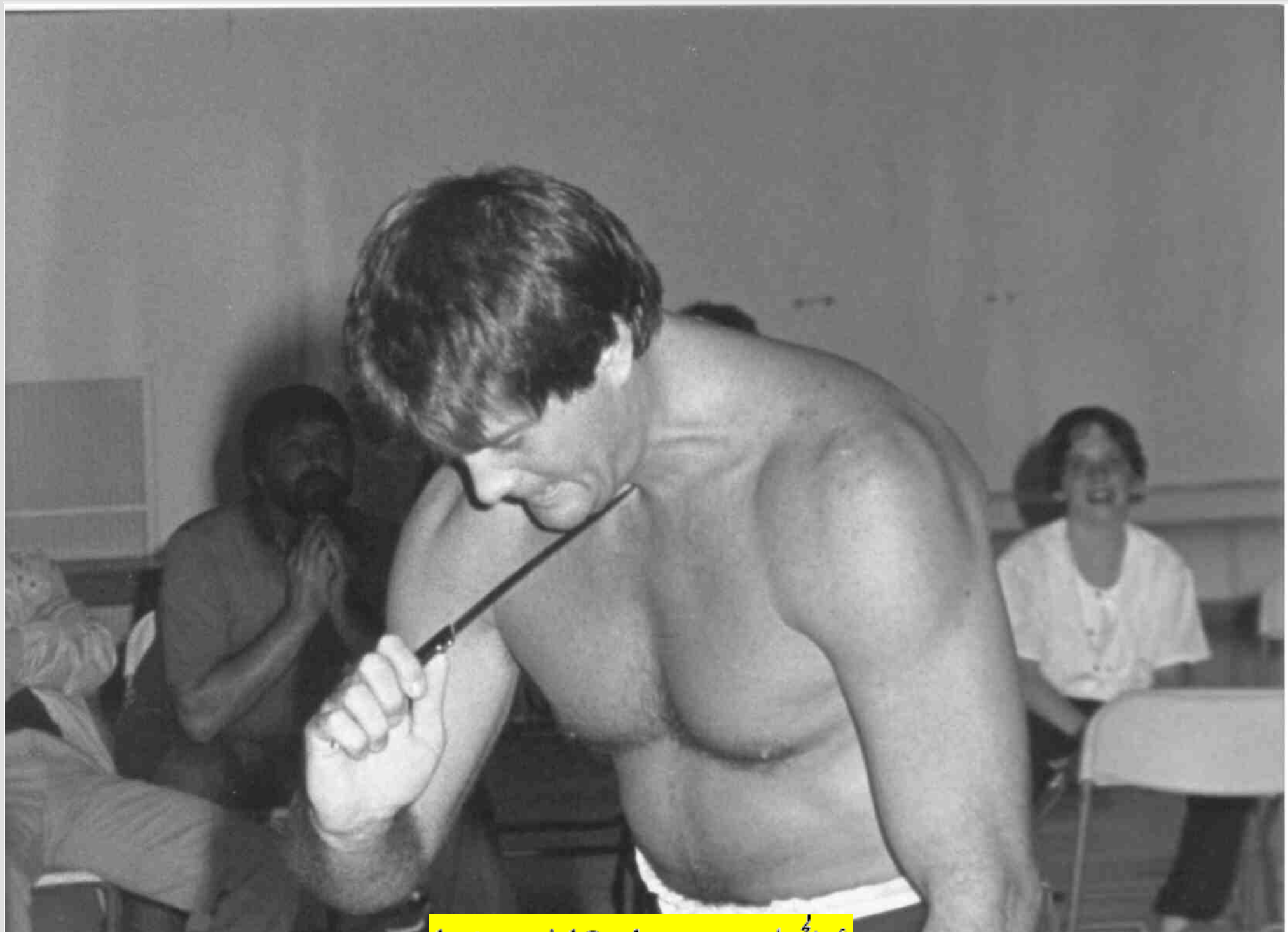




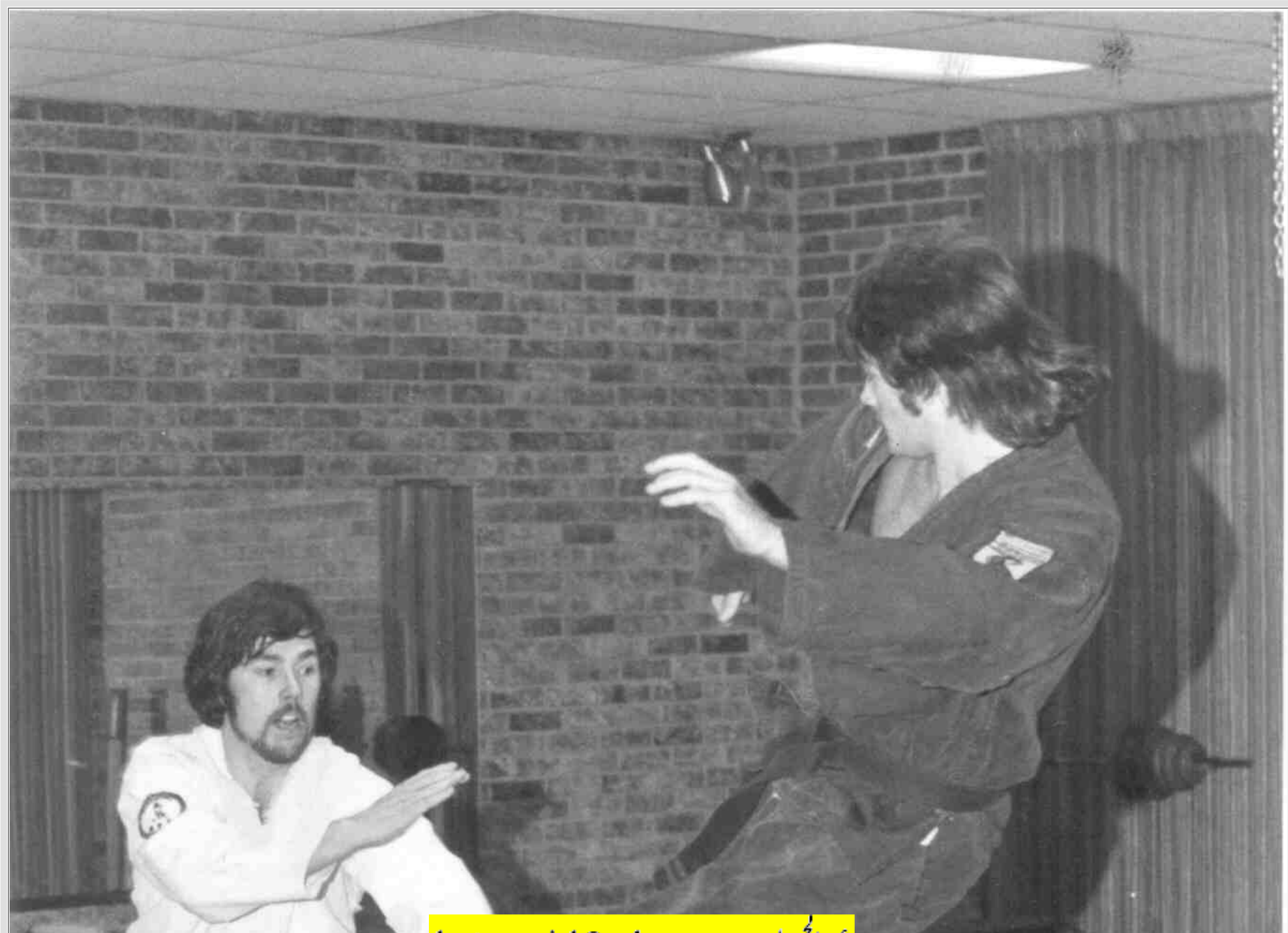








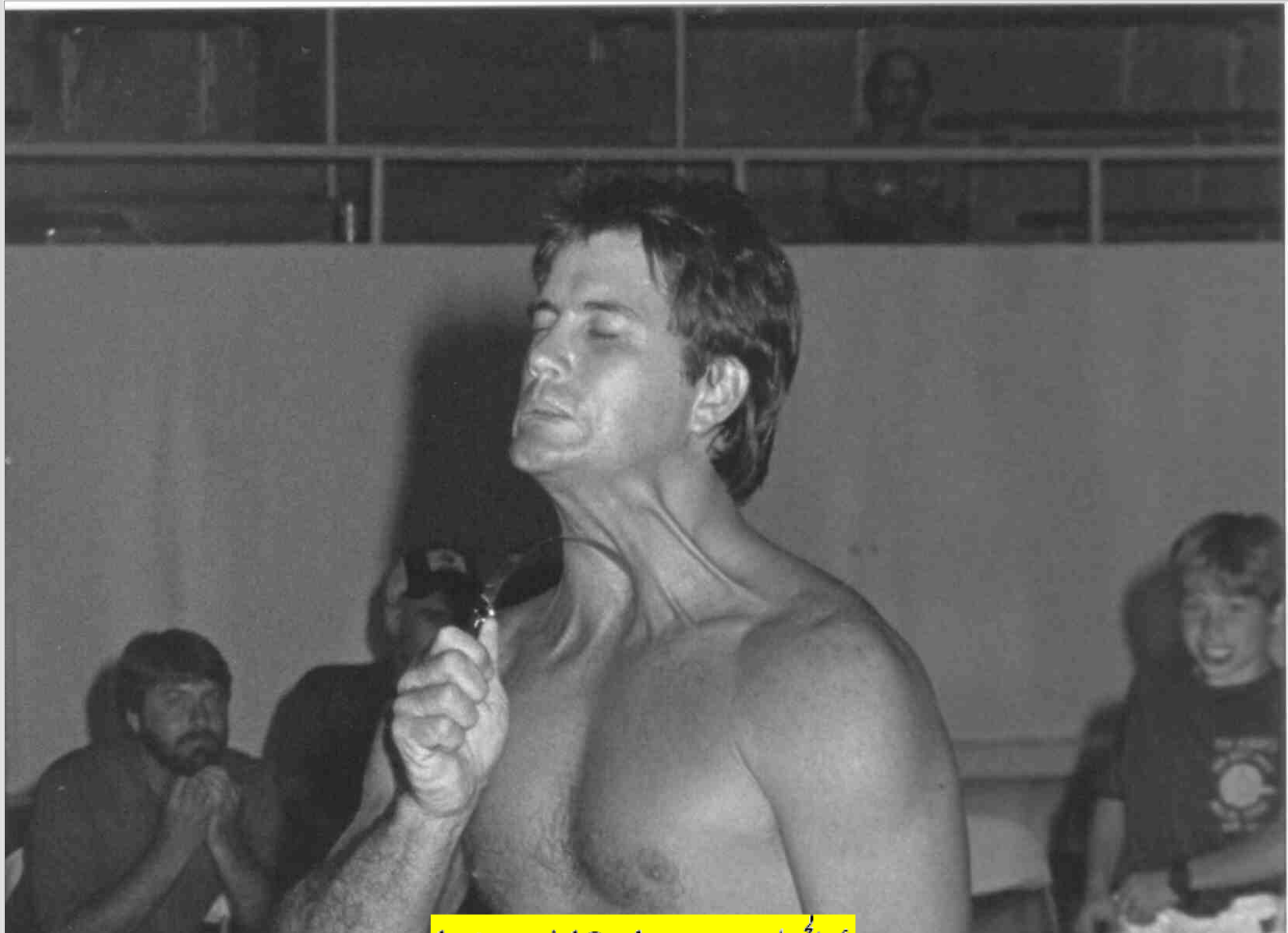






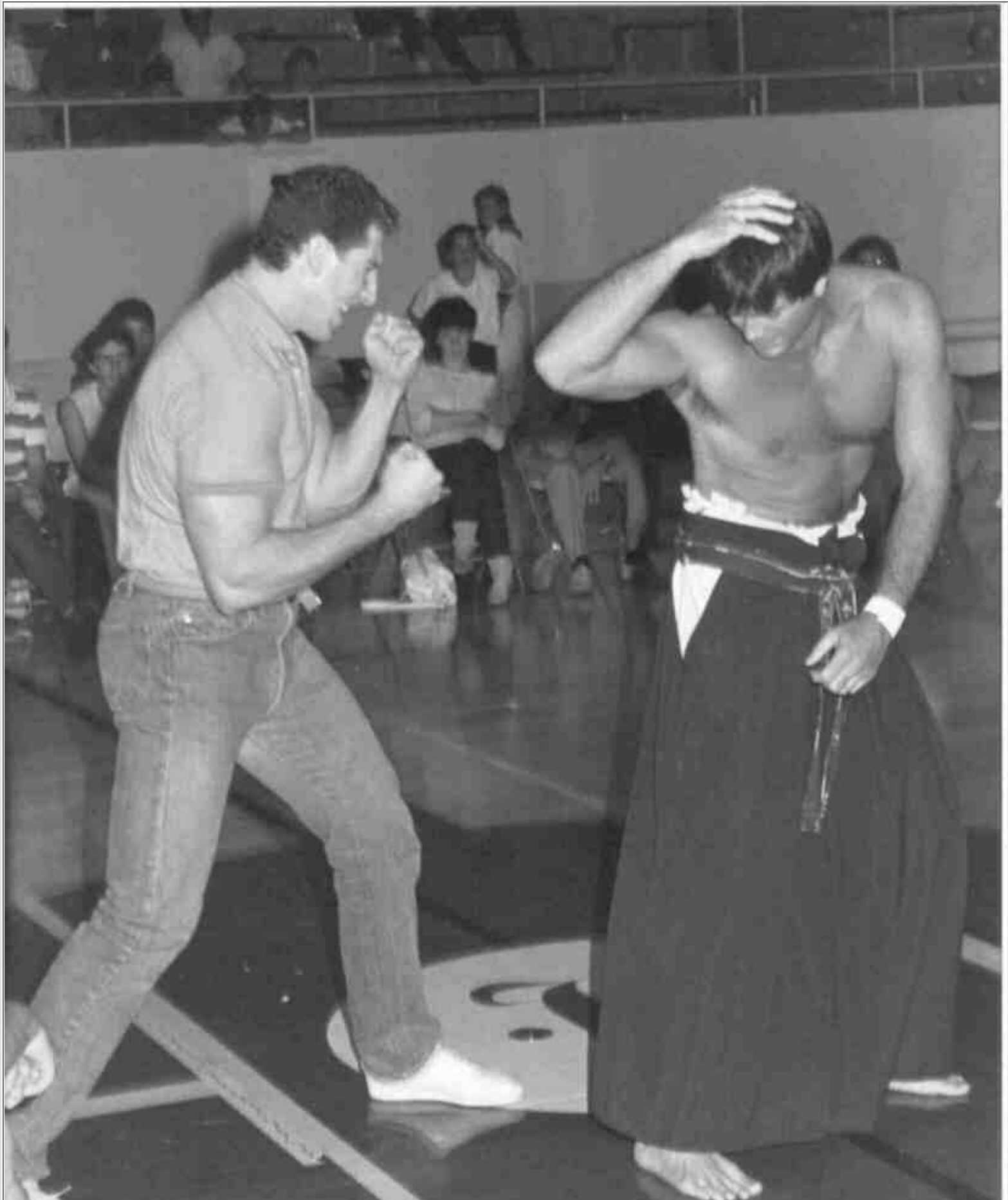






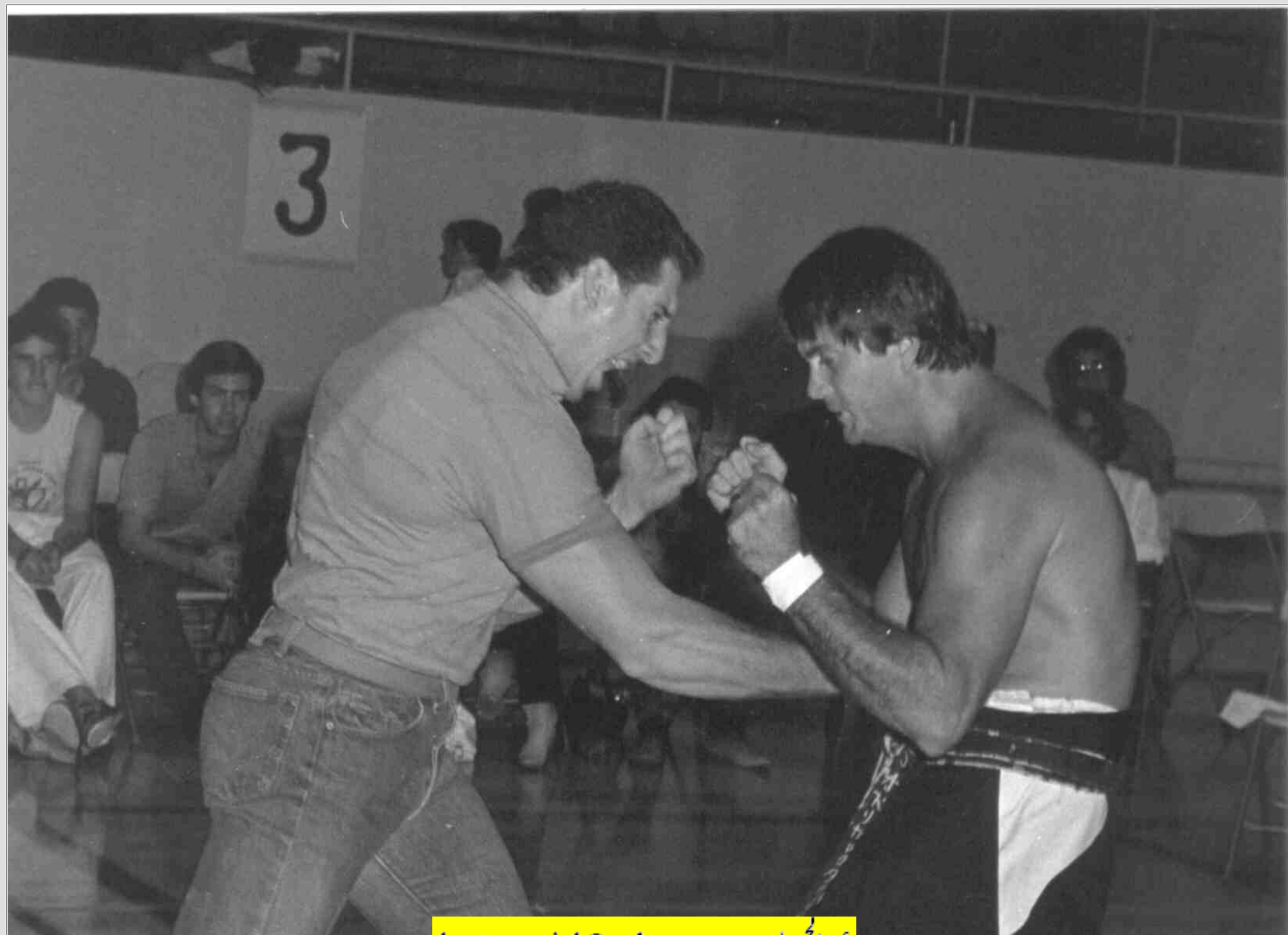
















# L.S.U. COLLEGIATE KARATE CHAMPIONSH

**SUNDAY, NOVEMBER 16, 1975**



lecturer\_isl@yahoo.com عبدالحی عابد





# GYM ARMORY

**astic Demonstrations**

**Registration 8:00—9:**

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